



Soupergirl

# 100190 - Split Pea Rosemary Soup

This ain't your grandma's split pea soup. We don't mean to insult grandma, but even she would admit this is just better and that holy wowzers its got a lot of flavor. Availability: Year Round It's vegan, gluten free, kosher and made with care in our small-batch kitchen in Washington, DC.



## Nutrition Facts

Servings per Container 2  
Serving size 1.0CT (11N)

Amount per serving  
**Calories 210**

% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 7g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	<b>0%</b>
Calcium 49mg	<b>4%</b>
Iron 2mg	<b>11%</b>
Potassium 217mg	<b>5%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Split Pea Rosemary is made with Homemade Vegetable Broth (water, carrot, celery, onion, parsley, thyme, bay leaf), Green Split Peas, Carrots, Celery, Onions, Tomato Paste (Tomato Paste, Less than 2% of: spices, natural flavors, citric acid), Low Sodium Gluten Free Tamari Soy Sauce (water, soy beans, salt, alcohol), Garlic, Parsley, Extra Virgin Olive Oil, Paprika, Kosher Salt, Rosemary, Black Pepper  
Our soups are made in-house with our own dedicated staff in our own dedicated kitchen. We use the freshest produce our local farming partners can provide. It's because of this our items change with the seasons. Everything is cooked according to what Mother Earth is currently providing. All of our soups are kosher, vegan and gluten free.

### Ingredients

Homemade Vegetable Broth (water, carrot, celery, onion, parsley, thyme, bay leaf), Green Split Peas, Carrots, Celery, Onions, Tomato Paste (Tomato Paste, Less than 2% of: spices, natural flavors, citric acid), Low Sodium Gluten Free Tamari Soy Sauce (water, soy beans, salt, alcohol), Garlic, Parsley, Extra Virgin Olive Oil, Paprika, Kosher Salt, Rosemary, Black Pepper

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Keep refrigerated.

### Serving Suggestions

Serving is 8 oz/1 cup. There are two servings in each tub of soup. Heat and serve.

### Prep & Cooking Suggestions

Empty contents from plastic tub and heat on stovetop in fire-safe pot or microwave in microwave-safe container.

### Product Specifications

Brand	Manufacturer	Product Category
Soupergirl	Saras Soup Inc DbA Soupergirl	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
850011788059	RSC0012_1216	100190	10850011788056		12/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.26lb	12lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.75in	9.75in	6.13in	0.51ft3	12x8	46days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	210	Total Fat	2g	Sodium	420mg
Protein	13	Trans Fats		Calcium	49mg
Total Carbohydrates...	35g	Saturated Fat	0g	Iron	2mg
Sugars	7g	Added Sugars	0g	Potassium	217mg
Dietary Fiber	15g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

