



Herban Fresh

# 30678 - Hearty Vegetable Soup

Herban Fresh is a line of premium soups featuring all-natural, non-GMO ingredients. Two percent from every purchase of Herban Fresh soups directly supports urban farming initiatives. Our hearty vegetable soup is vegan, low fat and gluten free, with a hearty medley of vegetables in a rich stock.



## Nutrition Facts

Servings per Container 0  
Serving size 241.0g (241g)

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 4g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>2%</b>
Iron 1.2mg	<b>6%</b>
Potassium 280mg	<b>6%</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

Herban Fresh is a line of premium 23.5 oz refrigerated retail soups featuring all-natural, non-GMO ingredients. Two percent from every purchase of Herban Fresh soups directly supports urban farming initiatives. Shipped in a convenient 6 x 23.5 oz case. Our hearty vegetable soup is vegan, low fat and gluten free, with a hearty medley of vegetables in a rich stock.

### Ingredients

INGREDIENTS: VEGETABLE STOCK (water, sea salt, onion powder, maltodextrin\*, dextrose\*, yeast extract [yeast extract, salt], carrot powder, celery seed, white pepper, turmeric), TOMATO (tomatoes, tomato juice, salt, calcium chloride, citric acid), CARROT, SWEET POTATO, ONION, CABBAGE, ROASTED CORN\*, MUSHROOM, RED LENTILS, SPINACH, BROCCOLI, LEEKS, CELERY, CORN STARCH\*, OLIVE OIL, PARSLEY, GARLIC, BASIL, CANE SUGAR\*, LEMON JUICE CONCENTRATE, YEAST EXTRACT (yeast extract, salt), SPICES, CARAMEL COLOR\*, NISIN.  
\*non-GMO

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep Refrigerated.

### Serving Suggestions

Heat & Serve.

### Prep & Cooking Suggestions

Microwave: Remove plastic seal, heat between 3-5 minutes, or until hot, stirring once during heating. USE CAUTION WHEN HANDLING HOT CUP. Stovetop: Empty soup into saucepan, heat gently to 165F.

### Product Specifications

Brand	Manufacturer
Herban Fresh	Plenus Group

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	7147HF24	30678	10880632005836		6/23.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.5lb	8.8lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	9.5in	5in	0.38ft3	14x6	45days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	90	Total Fat	2g	Sodium	350mg
Protein	3	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	1.2mg
Sugars	4g	Added Sugars	0g	Potassium	280mg
Dietary Fiber	3g	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

