



Herban Fresh  
30679 - Sweet Potato + Kale Chowder

Herban Fresh is a line of premium all-natural, non-GMO ingredients. Two percent from every purchase of Herban Fresh soups directly supports urban farming initiatives. Our hearty sweet potato and kale chowder is vegan, gluten free, non-GMO and packed with flavor.



Nutrition Facts

|                         |               |
|-------------------------|---------------|
| Servings per Container  | 0             |
| Serving size            | 241.0g (241g) |
| Amount per serving      |               |
| Calories                | 100           |
| % Daily Value*          |               |
| Total Fat 2.5g          | 3%            |
| Saturated Fat 1g        | 6%            |
| Trans Fat 0g            |               |
| Cholesterol 0mg         | 0%            |
| Sodium 430mg            | 19%           |
| Total Carbohydrate 18g  | 7%            |
| Dietary Fiber 2g        | 9%            |
| Total Sugars 4g         |               |
| Includes 0g Added Sugar | 0%            |
| Protein 2g              |               |
| Vitamin D 0mcg          | 0%            |
| Calcium 50mg            | 4%            |
| Iron 0.6mg              | 4%            |
| Potassium 590mg         | 15%           |

\* 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. Conveniently packed as 6 x 23.5 oz cups per case. Our hearty sweet potato and kale chowder is vegan, gluten free, non-GMO and packed with flavor.

Ingredients

INGREDIENTS: VEGETABLE STOCK (water, sea salt, onion powder, maltodextrin, dextrose, yeast extract [yeast extract, salt], carrot powder, celery seed, white pepper, turmeric), SWEET POTATO, KALE, ONION, CORN, COCONUT CREAM (coconut milk, water, xanthan gum), CELERY, CARROT, RED BELL PEPPER, CORN STARCH, SEA SALT, GARLIC, OLIVE OIL, ZUCCHINI POWDER, PARSLEY, LEMON JUICE CONCENTRATE, YEAST EXTRACT (yeast extract, salt), SPICES, BASIL, TURMERIC, NISIN.  
CONTAINS: Tree Nut (Coconut).

Allergens

Contains:

tree nuts

Free From:

crustaceans eggs fish milk  
peanuts sesame soy 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.      |                      |
|                      | 7164HF24 | 30679      | 10880632006390    |        | 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               | 100 | Total Fat           | 2.5g | Sodium         | 430mg |
| Protein                | 2   | Trans Fats          | 0g   | Calcium        | 50mg  |
| Total Carbohydrates... | 18g | Saturated Fat       | 1g   | Iron           | 0.6mg |
| Sugars                 | 4g  | Added Sugars        | 0g   | Potassium      | 590mg |
| Dietary Fiber          | 2g  | Polyunsaturated Fat |      | Zinc           |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus     |       |
| Sucrose                |     | Cholesterol         | 0mg  |                |       |
| Vitamin A(IU)•         |     | 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

