

Soupergirl

880320 - Red Lentil Mediterranean Soup



Made with our homemade broth and fresh vegetables and spices, our Mediterranean Red Lentil soup is kosher, vegan, gluten-free and radically delicious. Everything is cooked according to what Mother Earth is currently providing. All of our soups are kosher, vegan and gluten free.



* Benefits

Have you hung out with red lentils? No? You should. They are bizarrely creamy and delicious. How can lentils be creamy? Guess you'll just have to befriend Mediterranean Red Lentil soup to find out. Just sayin'....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), Red Lentils, Carrots, Celery, Onions, Seasonal Greens (kale/spinach), Tomato Paste (Tomato Paste, Less than 2% of: spices, natural flavors, citric acid), Orange Juice, Onions, Scallion, Lemon Juice, Garlic, Extra Virgin Olive Oil, Kosher Salt, Dill, Mint, Oregano, Black Pepper

Allergens

Free From:











Nutrition Facts

Servings per Container 8.00Z (8oz) Serving size

Amount per serving

Calories 240

c	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 40g	15%
Dietary Fiber 17g	61%
Total Sugars 4g	
Includes 0g Added Suga	ar 0%
Protein 15g	_
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 4mg	22%
Potassium 231mg	5%

^{*} 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.

Handling Suggestions

Keep refrigerated.

Serving Suggestions

Serving is 8 oz/1 cup. There are two 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.
850011788035	88032	880320	10850011788032		12/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.26lb	12.01lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14in	9.38in	6.13in	0.47ft3	12x8	46days	35°F / 37°F





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Nutrition Analysis - By Measure

Calories	240	Total Fat	2g	Sodium	340mg
Protein	15	Trans Fats		Calcium	72mg
Total Carbohydrates···	40g	Saturated Fat	0g	Iron	4mg
Sugars	4g	Added Sugars	0g	Potassium	231mg
Dietary Fiber	17g	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	

0	Additional Images					

