

### 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.



		Servings per Container 2 Serving size 8.00Z (8oz)				
	ATTICLES OF ANT AND	Amount per serving Calories	240			
Minima Mi	ат зау растана зау пакан ""	% Daily Value*				
	the standard and a second s	Total Fat 2g	3%			
		Saturated Fat 0g	0%			
		<i>Trans</i> Fat				
		Cholesterol Omg	0%			
* Benefits		Sodium 340mg	15%			
Have you hung out with red lentils? No? You should.	They are bizarrely creamy and delicious. How can	Total Carbohydrate 40g	15%			
lentils be creamy? Guess you'll just have to befriend l sayin'Our soups are made in-house with our own o	Dietary Fiber 17g	61%				
use the freshest produce our local farming partners of with the seasons. Everything is cooked according to v	Total Sugars 4g					
soups are kosher, vegan and gluten free.		Includes 0g Added Sugar	0%			
Ingredients	Allergens	Protein 15g				
		Vitamin D 0mcg	0%			
Homemade Vegetable Broth (water,	Free From:	Calcium 72mg	6%			
carrot, celery, onion, parsley, thyme, bay leaf), Red Lentils, Carrots, Celery,	🕞 crustaceans 🔘 eggs 😥 fish 🕧 milk	Iron 4mg	22%			
Onions, Seasonal Greens (kale/spinach), Tomato Paste (Tomato	🕥 peanuts 🛞 soy 💮 tree nuts 🋞 wheat	Potassium 231mg	5%			
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		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 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

Bra	ind		Manufacturer					Product Category		
Soup	ergirl	Saras Soup Inc Dba Soupergirl								
UF	РС	MFG #	S	PC #		GTIN		Pack Pack		Pack Desc.
850011	788035	88032	88	80320	108	5001178	803	32		12/16 OZ
Gross V	Veight	Net Weight Country of Origin K		Ko	osher	Ch	ild Nutrition			
12.2	6lb	12.01	b	Ur	nited St	tates	es Y			
Shipping Information										
Length	Width	Height	Volu	ume	TIxHI	Shelf L	ife	Storage Temp From/T		emp From/To
14in	9.38in	6.13in	0.47	7ft3	12x8	46day	's	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	Og	Iron	4mg
Sugars	4g	Added Sugars	Og	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	

### Additional Images



