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# Beef & Barley Soup

Frozen Ready to Serve Pouch



Item Code	Item Name	Pk/Size	SCC	Case (L x W x H)	Net & Gross		
30101	Beef & Barley Soup	3 x 2.2 kg	10623273301017	12 875 x 10.5 x 5" 32.7 x 26.67 x 12.7 cm	6.6 kg 14.55 lbs	6.8 kg 14.99 lbs	12 x 7 = 84 cases per pallet

**Ingredients:** Water, ground beef, barley, carrots, onions, celery, broccoli, tomato paste, modified tapioca starch, corn starch, yeast extract, salt, vegetable broth flavour (yeast extract, salt, carrot powder, tomato power, onion powder, leek powder, garlic powder, herbs and spices (bay leaf, celery, thyme)), caramel food colour, dehydrated garlic, spices.

**Allergen Status:** Soy, Wheat, May contain Mustard.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
<b>Calories 110</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 3 g</b>	4 %
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	8 %
<b>Carbohydrate / Glucides 14 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 10 mg</b>	
<b>Sodium 670 mg</b>	29 %
Potassium 225 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

## Thawing & Heating Instructions

Thaw under refrigeration 12-24 hours. Soup is ready to serve - Do Not Dilute.

**Steam Kettle:** Remove from pouch. Heat at simmering point for 10 minutes. Stir occasionally.

**Water Immersion:** Heat the pouch in simmering (95°C) water for 30 minutes.

## Suggestions

**Portioning Guide** Portioning Utensil: Ladle (170 ml / 6 oz)

**Shelf Life** 365 days