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# Lemony Kale & Bean

Frozen Ready to Serve Pouch



Item Code	Item Name	Pk/Size	SCC	Case (L x W x H)	Case Weight Net & Gross		CuFt	Tie/High
30104	Lemony Kale & Bean	3x 2.2 kg	10623273301048	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, chicken broth, navy beans (white beans, water, salt, calcium chloride, disodium EDTA), onions, kale, lima beans, carrots, concentrated lemon juice, canola oil, corn starch, salt, dehydrated garlic, chili powder (spices, salt, herbs, garlic), parsley flakes, spices.

**Allergen Status:** None.

## Nutrition Facts

### Valeur nutritive

Per 1 cup (250 mL)  
pour 1 tasse (250 mL)

<b>Calories 130</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 1.5 g	2 %
Saturated / saturés 0.2 g	
+ Trans / trans 0 g	1 %
<b>Carbohydrate / Glucides</b> 15 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines</b> 14 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 440 mg	19 %
Potassium 850 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

\*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