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Vegetable Chili

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
30203	Vegetable Chili	2 x 2.5 kg	10623273302038	12.875 x 10.5 x 5" 32.7 x 26.67 x 12.7 cm	5.0 kg 11.02 lbs	5.2 kg 11.46 lbs		12 x 7 = 84 cases per pallet

Ingredients: Water, tomatoes (tomatoes, may contain water and citric acid), tomatoes (tomatoes, tomato juice, calcium chloride, may contain citric acid), lima beans, red kidney beans (red kidney beans, water, salt, calcium chloride, disodium EDTA), navy beans (white beans, water, salt, calcium chloride, disodium EDTA), zucchini, celery, red peppers, onions, mushrooms, leeks, modified corn starch, vegetable broth flavour (yeast extract, salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices (bay leaf, celery, thyme)), canola oil, salt, dehydrated garlic, smoked paprika (silicon dioxide, ethoxyquin), chili powder (spices, salt, herbs, garlic), spices.

Allergen Status: None.

Nutrition Facts Valeur nutritive

Per about 1 1/4 cups (300 g)
pour environ 1 1/4 tasses (300 g)

Calories 170	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4 g	5 %
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 34 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 830 mg	36 %
Potassium 900 mg	19 %
Calcium 125 mg	10 %
Iron / Fer 4 mg	22 %

*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 24 - 36 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 40 minutes.

Convection Oven: Remove from pouch. Heat 40-45 minutes at 150°C in a covered pan.

Suggestions

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

Shelf Life 365 days