

# Eating Smart<sup>®</sup> Cream of Vegetable



CASE CODE  
**1947**  
6

PACK & SIZE  
**4 x 3.6 kg (8lb) pouch**



Low Fat

Sodium Watch  
(≤480mg)



Vegetarian



## NUTRITION FACTS

Per 100 g

**Calories 29.4**

Total Fat 0.69 g	0%
Saturated Fat 0.32 g	0%
+ Trans Fat 0.02 g	
Cholesterol 2.06 mg	0%
Sodium 181.88 mg	0%
Total Carbohydrate 5.18 g	0%
Sugars 1.13 g	0%
Dietary Fibre 0.39 g	0%
Protein 0.77 g	0%
Potassium 48.53 mg	4%
Calcium 25.14 mg	0%
Iron 0.09 mg	0%
Phosphorus 4.5 mg	0%

\*5% or less is a little. 15% or more is a lot.

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

## SPECIFICATIONS

Case Code	19476
Pack & Size	4 x 3.6 kg (8lb) pouch
Case Weight	15.42 kg

A velvet cream soup filled with 11 different vegetables.

- Great tasting soup choices for consumers who want to embrace more balanced lifestyles - it's nutritious, balanced with delicious.
- Campbell's frozen soups are made from the finest ingredients, for the real food taste that distinguishes a great bowl of soup.
- Campbell's *Eating Smart* soup varieties are low in fat.
- Choosing foods prepared with little or no fat is part of healthy eating.

## Ingredients

Water, Carrots, Modified corn starch, Cream, Onions, Skim milk powder, Red and green bell peppers, Dried potatoes (potatoes, mono- and diglycerides, sodium phosphate, citric acid), Celery, Salt, Onion powder, Modified milk ingredients, Carrot juice concentrate, Canola and/or soybean oil, Vinegar, Dried garlic, Soy protein isolate, Dried parsley, Cabbage, Parsley, Yeast extract, Xanthan gum, Ascorbic acid, Caramel, Spice, Flavour.

## Preparation

### Traditional Method

*Frozen or Thawed\* Soup*

1. Open pouch and pour contents into heating container.
2. Cook product to a minimum of 80°C (180°F); stirring occasionally.
3. Hold product at 68-74°C (155-165°F) for up to 4 hours.

### Cold Plating Method

*Thaw\* soup to 2-4°C (32-40°F) (48-72 hours)*

1. Open pouch and pour thawed product into container.

<b>Case Size</b>	42.37 cm x 23.97 cm x 24.45 cm
<b>Cube</b>	0.0248 m
<b>UPC</b>	063211194760
<b>SCC-14</b>	10063211194767

Stir thoroughly to ensure homogenous.

2. Using a ladle, portion stirred product into individual serving containers.
3. Cook product according to retherm cart instructions. Cook to minimum temperature of 80°C (180°F).

\*To thaw product, remove from cardboard packaging. Place on flat surface (do not stack) in a 4°C (40°F) cooler. Thaw for 48 to 72 hours until no ice crystals present. Once thawed, product can be stored for maximum of 2 days in cooler.

## Serving Ideas

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Serve soup on its own or as a side order with sandwiches, salads, or any entree. For added value, sprinkle a garnish onto individual portions of soup just before serving.

## Storage & Handling

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**Shelf Life** : 21 months

FROZEN

Keep frozen until ready to use. Ready to Cook. Do not re-freeze. Do not use if pouch punctured or torn.