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Eating Smart[®] Vegetable



Case Code

19481

Pack & Size

4 x 3.6 kg (8lb) pouch

A zesty tomato broth combined with a variety of 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.

[Request a Sample](#)

Nutrition Facts

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Per 100 g

Calories 32.09

Total Fat 0.1 g

Saturated Fat 0.02 g
+ Trans Fat
Cholesterol
Sodium 179.52 mg
Total Carbohydrate 6.37 g
Sugars 2.23 g
Dietary Fibre 0.97 g
Protein 1.74 g
Potassium 127.55 mg
Calcium 14.03 mg
Iron 0.31 mg
Phosphorus 9.3 mg

Ingredients

Water, Rehydrated potatoes (contains sodium phosphate), Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Peas, Tomato paste, Celery, Carrots, Onions, Modified corn starch, Cabbage, Beef gelatin, Sugar, Salt, Yeast extract, Onion powder, Carrot juice concentrate, Dried garlic, Spices, Dried parsley, Citric acid, Spice extract.

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. 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

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.

***Eating Smart*[®] Vegetable**

Case Code 19481

Pack & Size 4 x 3.6 kg (8lb) pouch

Case Weight 15.42

Case Size

Cube 0.0248

UPC 063211194814

SCC-14 10063211194811

Storage & Handling

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. .



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***Eating Smart*[®] Cream of Vegetable**

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