

# 100841 - Red Lentil Soup Vegan

Beecher's Red Lentil Soup is made from nutty red lentils balanced with tomatoes and spices in a flavorful vegetable broth – making for a quick and convenient vegan meal that's also gluten-free!



## MARKETING

Beecher's Red Lentil Soup is made from nutty red lentils balanced with tomatoes and spices in a flavorful vegetable broth – making for a quick and convenient vegan meal that's also gluten-free!

## Nutrition Facts

2 Servings per container	
<b>Serving Size</b>	<b>245 grams</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 4.5 g	<b>6%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 810 mg	<b>35%</b>
<b>Total Carbohydrates</b> 25 g	<b>9%</b>
Dietary Fiber 5 g	<b>18%</b>
Total Sugars 4 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 8 g	
Vitamin D 0 mcg	0%
Calcium 40 mg	4%
Iron 3 mg	15%
Potassium 404 mg	8%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
10084	10782045100842	8/16 OZ				
Brand	Brand Owner	GPC Description				
Beecher's	Beechers Handmade Cheese	Soups - Prepared (Frozen)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
9 LBR	8 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.6 INH	7.67 INH	8.66 INH	0.56 FTQ	15x07	478 Days	-5 FAH / -2.5 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

## HANDLING SUGGESTIONS

Keep refrigerated---UNIT UPC: 782045100845---

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

Vegetable stock (water, vegetable stock concentrate [non-GMO potato starch, carrots, salt, cane sugar, celery, onions, onion powder, garlic powder, spices, celeriac, green peas, spinach, lettuce and/or chicory, red beet]), ground tomatoes (tomatoes, tomato puree, salt), red lentils, onions, lemon juice, contains 2% or less of: tomato paste, non-GMO canola oil, cilantro, sea salt, garlic puree, spices, turmeric.

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## PREPARATION & COOKING SUGGESTIONS

**Microwave:** Pour thawed soup into microwave-safe container. Heat on high for 5 minutes, stirring occasionally, until soup is hot (165°F). **Stove Top:** Pour thawed soup into saucepan and heat, stirring occasionally, until soup is hot (165°F).

## SERVING SUGGESTIONS

1 cup = 1 serving

## MORE INFORMATION