



Boston Chowda Co.

## Black Bean Soup with Shredded Pork

*This Cuban inspired soup is perfectly seasoned with a touch of spice. It is hearty enough to be a full meal.*



Item #	UPC	Case	Pallet
2110	73051692110 9	2 x 8 lb Net Weight: 16 lb Gross Weight: 16.9 lb Case Dimensions: 13.75" x 8.25" x 4.75" Case Cube: .31	14 per tier/ 8 tiers high 112 cases per pallet Pallet weight (gross): 1892.8 lb

**INGREDIENTS:** CHICKEN STOCK (water, roasted chicken meat, salt, chicken fat, dextrose, sugar, natural flavoring, chicken broth, turmeric), BLACK BEANS, ONION, CELERY, PORK (pork, seasoning [salt, garlic, tricalcium phosphate, oregano, black pepper, turmeric], sugar, onion, spices), BELL PEPPER, CANOLA OIL, OLIVE OIL, GARLIC, CAYENNE PEPPER SAUCE (pepper, vinegar, water, salt, garlic), CORNSTARCH, SALT, SPICES.

**COOKING INSTRUCTIONS:** Heat soup until it reaches a uniform 165°F. Hold product at 145°F or above.

**HANDLING:** Keep frozen. Thaw under refrigeration.

**SHELF LIFE:** 18 months from manufacture date, frozen. Once thawed use within 21 days.

Nutrition Facts	
Serving Size 1 cup (260g)	
Servings Per Container about 14	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 35
% Daily Value *	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 740mg	<b>31%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 6g	<b>25%</b>
Sugars 5g	
<b>Protein</b> 10g	
Vitamin A 2%	Vitamin C 25%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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