



**Boston Chowda Co.**

## Lentil Soup

*A delightful, Indian-inspired vegetarian soup featuring lentils, butternut squash, onions, turnips, bell peppers, and tomatoes with a perfect blend of spices.*



Item #	UPC	Case	Pallet
2107	880632021075	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:** VEGETABLE STOCK (water, salt, dextrose, maltodextrin, onion powder, carrot powder, autolyzed yeast extract, spice, natural flavoring, turmeric), LENTIL, ONION, BUTTERNUT SQUASH, TURNIP, GREEN PEPPER, TOMATO PASTE (tomato, salt, citric acid), CANOLA OIL, OLIVE OIL, SALT, CORNSTARCH, GARLIC, CURRY POWDER (spices, garlic, turmeric, salt, bengal gram farina), CHILI POWDER, SPICES, SUGAR, NISIN.

**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 (241g)

#### Amount Per Serving

**Calories** 150    **Calories from Fat** 15

**% Daily Value\***

**Total Fat** 1.5g    **2%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 5mg    **1%**

**Sodium** 490mg    **21%**

**Total Carbohydrate** 25g    **8%**

Dietary Fiber 11g    **46%**

Sugars 2g

**Protein** 10g

Vitamin A 15%    • Vitamin C 15%

Calcium 4%    • Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.



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