

**ITEM #:78625**  
**BLOUNT SOUPS**

Case UPC: 00077958786256  
 Item UPC: N/A



**[FROZEN]**

**Organic Lentil & Chickpea Soup**

This hearty organic soup features lentils, chickpeas and tomatoes simmered in a herbed stock with select vegetables.

**VEGETARIAN - VEGAN - GLUTEN FREE - DAIRY FREE - LOW FAT - HIGH FIBER - ORGANIC**

**Nutrition Facts**

Serving Size 8 oz (227g)

**Amount Per Serving**

**Calories** 160      Calories from Fat 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 790mg      **33%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 7g      **28%**

Sugars 4g

**Protein** 9g

Vitamin A 35%      •      Vitamin C 15%

Calcium 4%      •      Iron 15%

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

**INGREDIENTS:** Vegetable Stock\* (Water, Vegetable Base\* [Carrots\*, Onion\*, Celery\*, Sea Salt]), Water, Lentils\*, Tomatoes\* (Tomatoes\*, Tomato Puree\*, Naturally Derived Citric Acid), Chickpeas\*, Onions\*, Carrots\*, Contains 2% or less of: Garlic\*, Cilantro\*, Canola Oil\*, Sugar\*, Turmeric\*, Sea Salt, Spices\* and Corn Starch\*.

\*Organic Ingredient



**Case Configuration:**

Case Pack: 4/4lb bags  
 Net Weight: 16 lb  
 Gross Weight: 17.5 lb  
 Case Cube: 0.43

**Pallet Information**

HI/TL: 5/18  
 Cases per Pallet: 90

**Dimensions**

Length: 13.32"  
 Width: 7.82"  
 Height: 7.14"

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