

**HALE  
&  
HEARTY®**



**SOUP  
MAKES EVERYTHING  
BETTER**



## SPICY CHICKPEA & LEMON ORZO

*We pair chickpeas, tomatoes and orzo in this spicy vegetable soup, along with a touch of lemon to give this brothy soup a bright flavor.*

### Ingredients:

Double filtered water, diced tomatoes (diced tomatoes, tomato juice, salt, calcium chloride, citric acid), crushed tomatoes (concentrated crushed tomatoes, salt, citric acid, spice), yellow onions, garbanzo beans, celery, spinach, orzo (durum wheat semolina, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), scallions, garlic blend (garlic, expeller pressed canola oil), salt, expeller pressed canola oil, lemon juice, crushed red pepper, chickpea flour, nisin preparation, black pepper.

Contains: Wheat

### Nutrition Facts

27.5 servings per container	
<b>Serving Size</b>	<b>8 oz (226g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 5g	<b>19%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 65mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 452mg	<b>10%</b>
<small>*The % Daily Value (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 advice.</small>	

## HANDLING INSTRUCTIONS

\*Soups should be stored at or below 38 degrees F (but above 28 degrees F to prevent freezing).

\*Soups should never be frozen as recipes are formulated for fresh handling.

\*Soups must be reheated from a chilled state to at least 165 degrees F within 2 hours, and held at that temperature for at least 15 seconds.

\*Once reheated, soups should be held at 150-155 degrees F for food service.

## Fresh (Refrigerated)

### Pints (6/ 16oz)

Item Number: 1981

UPC Code: 6 35508 550421

Gross Weight: 7.94 lbs

Net Weight: 6 lbs

Shelf Life: 60 Days

Ti-Hi: 13x20

Cases Per Pallet: 260

Case Length: 14

Case Width: 9 3/8

Case Height: 3 3/16

Cube: 0.24

### Quarts (6/32oz)

Item Number: 1982

UPC Code: 635508550438

Gross Weight: 13.91 lbs

Net Weight: 12 lbs

Shelf Life: 60 Days

Ti-Hi: 13X12

Cases Per Pallet: 156

Case Length: 14.25

Case Width: 9.25

Case Height: 6

Cube: 0.45

### Food Service (2/6.9lb)

Item Number: 198

UPC Code: 6 35508 54844 2

Net weight of case: 13.8 lbs

Bags per case: 2

Shelf Life: 60 Days

Gross weight 14.4lb

Ti/Hi: 15X10

Cases Per Pallet: 150

Case Dimensions: 14" x

7.25" x 4.5"

Case Cube: 0.26

