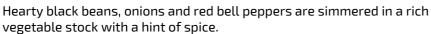


#### **BLOUNT**

### 003238 - Soup Black Bean Organic







### \* Benefits

VEGETARIAN VEGAN GLUTEN FREE DAIRY FREE LOW FAT HIGH FIBER ORGANIC

### Ingredients

INGREDIENTS: Vegetable Stock\* (Water, Vegetables\* [Carrots\*, Tomatoes\* Vegetables\* [Larrots\*, Tomatoes\*, Onions\*, Potatoes\*, Garlic\*], Sea Salt, Dextrose\*, Cane Sugar\*, Canola Oil\*, Spices\*, Turmeric\*), Water, Black Beans\*, Onions\*, Red Bell Peppers\*, Black Bean Flakes\* (Black Beans\*, Salt), Contains 2% or less of: Red Wine Vinegar\*, Garlic\*, Jalapeno Peppers\*, Canola Oil\*, Sea Salt, Cultured Dextrose\* and Spices\*. \*Organic Ingredient

### Allergens

#### Free From:







# **Nutrition Facts**

Servings per Container 227g (8oz) Serving size

Amount per serving Calorine

100

Calories	190
%	Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 34g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes Added Sugar	%
Protein 11g	_
Vitamin D 0mcg	0%
Calcium 90mg	7%
Iron 2.9mg	16%
Potassium 760mg	16%

#### \* 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 nutrition advice.

### Handling Suggestions

### KEEP REFRIGERATED

### Serving Suggestions

8 oz (227g)

### Prep & Cooking Suggestions

- Place bag in rapidly boiling water until internal temp reaches 165F (approximately 20 minutes thawed or 40 minutes from frozen).
  CAREFULLY remove HOT bag from boiling water and shake bag until contents are mixed thoroughly. Caution: Bag is HOT, handle with care.
  CAREFULLY cut the corner of bag and empty contents into serving container.
  Hold and serve at 150F.

## **Product Specifications**

BLOUNT Blount Seafood Corporation Soups	Brand	Manufacturer	Product Category
	BLOUNT	Blount Seafood Corporation	Soups

MFG #	SPC #	GTIN	Pack	Pack Desc.
76056	003238	00077958760560	4	4 / 4.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
17.5lb	16lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.2in	7.3in	6.2in	0.32ft3	18x4	105DAYS	32°F / 38°F





### **BLOUNT**

## 003238 - Soup Black Bean Organic



Hearty black beans, onions and red bell peppers are simmered in a rich vegetable stock with a hint of spice.

Nutrition Analysis - By Serving

Calories	190	Total Fat	2.5g	Sodium	730mg
Protein	11	Trans Fats	0g	Calcium	90mg
Total Carbohydrates•••	34g	Saturated Fat	0g	Iron	2.9mg
Sugars	3g	Added Sugars		Potassium	760mg
Dietary Fiber	8g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images		

