



**Global Gourmet Foods**  
Quality Food From People Who Care™

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## Smart Soup French Lentil

Traditional lentil soup braised with tomatoes, navy beans and authentic Moorish spices



### Nutrition Facts Valeur nutritive

Per 238g  
pour 1

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
<b>Fat / Lipides 3g</b>	5%
Saturated / saturés 1g	5%
+ Trans / trans 0g	
<b>Cholesterol / Cholestérol 0mg</b>	0%
<b>Sodium / Sodium 400mg</b>	17%
<b>Carbohydrate / Glucides 18g</b>	6%
Fiber / Fibres 3g	12%
Sugars / Sucres 10g	
<b>Protein / Protéines 2g</b>	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	0%
Calcium / Calcium	6%
Iron / Fer	0%

### Ingredients:

Vegetable Stock (Water, Onions, Celery, Carrots, Sea Salt, Garlic, Spices), Ground Tomatoes (Tomatoes, Tomato Puree, Salt), Tomato Paste (Tomatoes, Salt), Onions, Green Lentils, Red Lentils, Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt), Navy Beans, Carrots, Red Pepper, Leeks, Garlic, Olive Oil, Spices, Curry Powder (Spices, Turmeric, Onion Powder). **Contains no common allergens.**

PRODUCT CODE	PACK SIZE	SHELF LIFE
62020	6 x 2kg	18 months from production date (Frozen in original unopened bag)
64412 (USA)	8 x 100z	18 months from production date (Frozen in original unopened bag)
69312 (FRESH)	8 x 100z	-

Serving Size:

**283g**

Packaging Information: Boilable bags and cardboard boxes

Approximate Servings Per Case: 45

Case Dimensions: 12.375 x 11.5625 x 8.17

**To place an order with Global, please email [sales@theglobalgroup.com](mailto:sales@theglobalgroup.com)  
or call us at **1-800-506-8719****

The product is manufactured in a facility which also processes food containing soy, wheat, sulphites, seafood/fish, peanuts/treenuts, milk, egg, mustard, sesame, and tartrazine.  
Country of origin: Made in Canada

To the best of our knowledge, the information contained herein is true and accurate\* as of 06/10/2015. However, nothing contained herein shall be construed to imply any warranty or guarantee of Global Gourmet Foods Inc.  
\*Subject to change