



**gostlin**  
KITCHEN

## Beef Barley Soup



Tender diced beef and fresh vegetables simmered in a rich beef broth with pearl barley and fresh herbs

- Locally sourced ingredients

chicken stock (chicken bone, carrot, onion, celery, herbs, spices) tomato paste, beef chuck, pearl barley, carrot, celery, onion, olive oil, parsley, rosemary, salt, thyme

PRODUCT CODE: 211729

Shelf life: 12 months frozen; 5 days refrigerated

Each unit weight: 950gm

Total weight: 11.4kg

Box dimension: 20" x 16" x 8"

### Nutrition Facts

Serving Size / Per 250 ml

	% Daily Value*
<b>Calories 190</b>	
<b>Fat 6 g</b>	8 %
Saturated 1.5 g	
+ Trans 0 g	7 %
<b>Carbohydrate 21 g</b>	
Fibre 4 g	14 %
Sugars 7 g	7 %
<b>Protein 13 g</b>	
<b>Cholesterol 20 mg</b>	
<b>Sodium 480 mg</b>	21 %
<b>Potassium 700 mg</b>	15 %
<b>Calcium 30 mg</b>	2 %
<b>Iron 2.5 mg</b>	14 %

\*5% or less is a little, 15% or more is a lot



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