



gostlin KITCHEN

Curried Lentil Soup



French green lentils simmered in aromatic Indian spices and tomato, finished with coconut milk

- Vegan
- Gluten Free
- Locally sourced ingredients

vegetable stock (carrot, onion, celery, herbs, spices) coconut milk, stewed tomato, green lentil, onion, grape seed oil, ginger, garlic, cilantro, salt, paprika, turmeric, cumin, coriander

PRODUCT CODE: 211727

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	
Calories 140	% Daily Value*
Fat 9 g	12 %
Saturated 4.5 g	22 %
+ Trans 0 g	
Carbohydrate 13 g	
Fibre 3 g	11 %
Sugars 2 g	2 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 330 mg	14 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron 2.5 mg	14 %

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



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