



# Lentil Chili

Featuring baby green lentils and sautéed vegetables, our savory, vegetarian, center-of-the-plate chili can be served hot or cold.

**Item Number:** 1003718

**Target Weight:** 2.00 lb

**Pack Size:** 2 lb/Pouch, 8 Pouches/Case, 16 lb/Case

**Net Case Weight:** 16.00 lb

**Ingredients:** Diced Tomato In Tomato Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Cooked Baby Green Lentils, Onions, Carrots, Zucchini, Yellow Squash, Vegetable Base (sautéed vegetables (carrot, onion and celery), corn maltodextrin, hydrolyzed (corn and wheat gluten, soy) protein, corn oil, sugar, corn starch, yeast extract, onion powder, dried tomato, water, disodium inosinate, disodium guanylate, garlic powder, extractive of paprika, natural flavors, carrot juice, carrot extract, lactic acid, salt, citric acid), Jalapeno Pepper, Garlic in Water (garlic, water), Vegetable Oil (canola oil, extra virgin olive oil), Chili Powder (chili pepper, salt, spices, garlic, silicon dioxide (added to make free flowing)), Seasoning (spices (black pepper, sweet chili pepper, cayenne pepper, celery seed, oregano, cumin, basil, bay, marjoram, savory, thyme, coriander, mustard, rosemary), onion, garlic, tomato, paprika color, citric acid, orange peel, oil of lemon), Salt, Cumin, Nutmeg, Cayenne Pepper, Oregano Leaves.

## HEATING INSTRUCTIONS

### From Frozen (One Pouch)

**Convection Oven:** 45–50 minutes at 350°F

**Microwave Oven:** 10–13 minutes (1100 watts)

**Combi Oven:** 50–60 minutes at 140°F / 20–25 minutes at 200°F

### From Thawed (One Pouch)

**Convection Oven:** 25–30 minutes at 350°F

**Microwave Oven:** 5–8 minutes (1100 watts)

**Combi Oven:** 40–45 minutes at 140°F / 8–10 minutes at 200°F

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFROST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

## Nutrition Facts

Serving Size 1/3 Cup (88g)  
Servings Per Container 10

### Amount Per Serving

**Calories 80**      Calories from Fat 10

% Daily Value\*

**Total Fat 1g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 240mg**      **10%**

**Total Carbohydrate 13g**      **4%**

Dietary Fiber 2g      **9%**

Sugars 2g

### Protein 4g

Vitamin A 25%      • Vitamin C 6%

Calcium 2%      • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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