



Product Formulation Worksheet

Product Name: Campbell's® Healthy Request® Mediterranean Style Vegetable Soup  
 Formula and Version Number: 415003358961\0007  
 UPC Code: 0051000191236  
 Revision Date: 11/21/2017

Portion per Recipe: 10800  
 Serving Size Volume: 1/2 cup condensed  
 Serving Size Weight: 126 g

Ingredients (1)	Quantity (lbs) of Ingredients As Purchased (number of purchase units) (2)	Purchase Unit (Lbs) (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/Meat Alternates (Ounces) (5) = (2) X (4)	Grains (oz equivalent) (6) = (2) X (4)	Vegetables (1/4 cup) (7) = (2) X (4)	Vegetables Cup Equivalent per Serving	Vegetable Subgroup	Total per Subgroup (cups)	Summary of Vegetable Subgroup Contribution
Tomato Products, Canned Tomato Puree	1092.50	1	14.4			15732.00	0.36	Red/Orange	0.52	1/2 cup Red/Orange AND 1/8 cup Legumes AND 1/8 cup Additional
Cheese, Parmesan or Romano, Grated	36.00	1	16	576.00						
Squash, Winter, Fresh, Butternut, Whole*	34.20	1	7.5			256.50	0.01	Other	0.10	
Peppers, Bell, Frozen, Red, Diced, Cooked, Drained	45.00	1	7.3			328.50	0.01	Red/Orange		
Beans, Garbanzo or Chickpeas, Dry, Canned, Whole**	250.00	1	8.77			2192.50	0.05	Legumes	0.13	
Spinach, Frozen, Chopped, Cooked, Drained	160.00	1	5.6			896.00	0.02	Dark Green	0.02	
Beans, Great Northern, Dry, Canned, Whole***	270.00	1	7.59			2049.30	0.05	Legumes		
Squash, Summer, Frozen, Zucchini, Sliced, Cooked	162.00	1	7			1134.00	0.03	Other		
Tomatoes, Canned, Diced, Includes USDA Commodity	325.00	1	7.71			2505.75	0.06	Red/Orange		
Onions, Mature, Dehydrated, Chopped, Rehydrated, Cooked	45.00	1	49.90			2245.50	0.05	Other		
Beans, Red, Small, Dry, Canned, Whole****	200.00	1	7.19			1438.00	0.03	Legumes		
Carrots, Fresh, Shredded, Ready-to-Use, Cooked, Drained	379.08	1	9.83			3726.36	0.09	Red/Orange		
Peas, Green, Frozen, Cooked, Drained	125.00	1	9.59			1198.75	0.03	Starchy	0.03	
Onions, Green, Fresh, Whole, Cooked with Tops	55.00	1	13.80			759.00	0.02	Other		
<b>Totals</b>				576.00	0.00	34462.16				
<b>Portion Per Recipe</b>				10800	10800	10800				
<b>Calculations</b>				0.05	0.00	0.80				
<b>Each Portion Contributes</b>				oz Meat/Meat Alternates	oz Equivalent Grains	3/4 cup(s) Vegetables				

\* Notes:  
 \*\*Buying Guide: 1 #10 Can Garbanzo Beans=105 oz and yields 9-3/8 cups beans; equates to 2.193 c per lb., 8.772 servings of beans, 1/4 c each (1/4 c beans)= 1 oz M/MA, No 10 Can=68.4 oz heated, drained.  
 \*\*\*Buying Guide: 1 #10 Can Great Northern Beans=110 oz and yields 8- 1/8 cups beans; equates to 1.89 c per lb., 7.59 servings of beans, 1/4 c each (1/4 c beans)= 1 oz M/MA, No 10 Can=68.5 oz heated, drained.  
 \*\*\*\*Buying Guide: 1 #10 Can Red Beans=111 oz and yields 8 cups beans; equates to 1.979 c per lb., 7.191 servings of beans, 1/4 c each (1/4 c beans)= 1 oz M/MA, No 10 Can=65 oz heated, drained.

I certify that the above information is true and correct when prepared according to directions.

*Jennifer McQuillan, NDTR, SNS*

Nutrition Analyst, Global Nutrition & Regulatory Affairs



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Onions, Green, Fresh, Whole, Cooked with Tops	55.00	1	13.80			759.00	0.02	Other		
<b>Totals</b>				6255.80	0.00	28782.36				
<b>Portion Per Recipe</b>				10800	10800	10800				
<b>Calculations</b>				0.58	0.00	0.67				
<b>Each Portion Contributes</b>				0.50 oz Meat/Meat Alternates	oz Equivalent Grains	5/8 cup(s) Vegetables				

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Nutrition Analyst, Global Nutrition & Regulatory Affairs



Product Name: **Campbell's® Healthy Request® Mediterranean Style Vegetable Soup**

Case Code: **19123**

Case Pack: **3/4 LB. Trays**

Serving Size Condensed: **1/2 cup ; 126 g**

Serving Size Prepared According to Package Directions (Reconstituted with Equal Volume of Water): **1 cup; 244 g**

Revised: **11/21/2017**

Nutrition Facts			
About 43 servings per container			
Serving size		1/2 cup (120 ml)	
Amount Per Serving			
<b>Calories</b>		<b>100</b>	
* % Daily Value*			
Total Fat	1.5	g	2 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Polyunsaturated Fat	0	g	
Monounsaturated Fat	0.5	g	
Cholesterol	0	mg	0 %
Sodium	410	mg	18 %
Total Carbohydrate	17	g	6 %
Dietary Fiber	5	g	16 %
Total Sugars	4	g	
Includes	1	g Added Sugars	2 %
Protein	5	g	
Vitamin D	0	mcg	0 %
Calcium	70	mg	4 %
Iron	1	mg	6 %
Potassium	800	mg	15 %

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**INGREDIENT STATEMENT:** TANGERINE TOMATO PUREE (TANGERINE TOMATO PASTE, WATER), CARROTS, DICED TOMATOES IN TOMATO JUICE, GREAT NORTHERN BEANS, GARBANZO BEANS, COOKED RED BEANS, ZUCCHINI, SPINACH, PEAS, CONTAINS LESS THAN 2% OF: LEEKS, YEAST EXTRACT, ONIONS, ROASTED RED PEPPERS, PARMESAN CHEESE (PART-SKIM MILK, CULTURES, SALT, ENZYMES), CORNSTARCH, BUTTERNUT SQUASH, SUGAR, SALT, POTASSIUM CHLORIDE, BASIL, CANOLA OIL, GARLIC, CABBAGE, CELERY, SPICES, PARSLEY.

**PREPARATION:**

THIS PRODUCT HAS NOT BEEN FULLY COOKED BEFORE FREEZING. CAREFULLY FOLLOW THE RECOMMENDED COOKING TIMES AND TEMPERATURES TO ENSURE COMPLETE COOKING.

Cooking Directions: This product may be tempered up to 48 hours in a 40 degrees F. refrigerator prior to cooking. Peel back plastic film starting from one edge. Keep film to view cooking directions.

1. If soup is frozen, run knife around soup blocks in trays to loosen. Empty the 2 trays of soup into large saucepot.
2. Fill both of the trays with water (64 fl. oz. in total). Add to saucepot.
3. Heat to a boil over medium-high heat, stirring frequently. Reduce heat to low. Boil gently, stirring frequently to break up any frozen pieces, until temperature reaches 190 degrees F.
4. Transfer to holding kettle or steam table.

I certify that the above product information is true and correct as of the revision date specified.

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