



Product Information Sheet

Product Code 227010

Weight 200g

Product Type Individual

Product Name Level 3 Tomato Soup

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	655kj	1310kj
Energy (kcal)	158kcal	316kcal
Fat	12g	24g
Saturated	3.6g	7.2g
Monounsaturated	5.3g	11g
Polyunsaturated	3.1g	6.2g
Carbohydrate	6.8g	14g
of which sugars	3.7g	7.4g
Fibre	1.7g	3.4g
Protein	4.5g	9.0g
Sodium	204mg	408mg
Salt equivalent	0.51g	1.0g
Potassium	192mg	385mg

Ingredient Declaration

water, coconut milk (coconut extract, water), tomato (13%), rapeseed oil, red lentils (4.5%), tomato puree, pea protein, sugar, onion, carrot, lemon juice, garlic, emulsifier (sunflower lecithin), citrus fibre, sea salt, modified starch, yeast extract, thickeners (xanthan gum, guar gum), chilli, thyme, rosemary, bay leaf, pepper.

Diet Coding		Made Without		Free From	
1 of 5 a Day	✓	Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt	✓	Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
		Garlic		Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan	✓	Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars	✓	Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein	✓	Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	/
Free From Milk		Tomato	✓	Tomato	
SourceFibre		Yeast		Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

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