



Product Information Sheet

Product Code 217141

Weight 200g

Product Type Individual

Product Name Level 3 Cream Of Mushroom Soup

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	569kj	1137kj
Energy (kcal)	137kcal	275kcal
Fat	11g	23g
Saturated	5.1g	10g
Monounsaturated	4.5g	9.0g
Polyunsaturated	1.8g	3.6g
Carbohydrate	3.5g	6.9g
of which sugars	2.2g	4.4g
Fibre	1.8g	3.7g
Protein	4.2g	8.3g
Sodium	230mg	460mg
Salt equivalent	0.58g	1.2g
Potassium	111mg	222mg

Ingredient Declaration

water, MILK, cream (MILK) (22%), mushroom (20%), rapeseed oil, MILK protein, citrus fibres, carrot, yeast extract, salt, natural flavouring, modified maize starch, porcini mushroom powder (0.2%), onion powder, garden lovage, thickeners (guar gum, xanthan gum), fenugreek, 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	
Healthier Choice		Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives		Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom		Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER

Store at -18°C, do not refreeze once thawed

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