



# Product Information Sheet

**Product Code** 324673

**Weight** 1200g

**Product Type** Large / Multi-Portion

**Product Name** Vegetable Soup

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	399kj	599kj
Energy (kcal)	96kcal	144kcal
Fat	6.1g	9.1g
Saturated	0.5g	0.7g
Monounsaturated	3.7g	5.6g
Polyunsaturated	1.8g	2.7g
Carbohydrate	7.2g	11g
of which sugars	3.7g	5.5g
Fibre	2.0g	3.0g
Protein	2.1g	3.2g
Sodium	179mg	268mg
Salt equivalent	0.45g	0.67g
Potassium	194mg	292mg

## Ingredient Declaration

water, onion (12%), carrot (8%), green beans (8%), peas (8%), swede (8%), haricot beans (7%), vegetable oils (rapeseed, sunflower), tomato puree, cornflour, tomato paste, sugar, yeast extract, salt, dried onion, modified starch, dried leek, dried carrot, dried tomato, white wine vinegar, ground turmeric, pepper, dried thyme, ground bay leaf, seasoning blend [onion powder, ground paprika, spice & herb extracts (basil, bay, capsicum, cassia, cinnamon, clove, coriander, garlic, nutmeg, onion, parsley, pepper, pimento)].

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. Lid on.

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

**Product Code** 328673  
**Product Type** Small / Twin  
**Product Name** Vegetable Soup

**Weight** 450g

### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	397kj	596kj
Energy (kcal)	95kcal	143kcal
Fat	6.1g	9.1g
Saturated	0.5g	0.7g
Monounsaturated	3.7g	5.6g
Polyunsaturated	1.8g	2.7g
Carbohydrate	7.1g	11g
of which sugars	3.6g	5.5g
Fibre	2.0g	3.0g
Protein	2.1g	3.1g
Sodium	179mg	268mg
Salt equivalent	0.45g	0.67g
Potassium	214mg	321mg

### Ingredient Declaration

water, onion (12%), carrot (8%), green beans (8%), peas (8%), swede (8%), haricot beans (7%), rapeseed oil, tomato puree, modified starch, tomato paste, sugar, salt, yeast extract, cornflour, dried onion, dried leek, dried carrot, dried tomato, white wine vinegar, ground turmeric, pepper, dried thyme, ground bay leaf, seasoning blend (onion powder, ground paprika, spice & herb extracts (basil, bay, capsicum, cassia, cinnamon, clove, coriander, garlic, nutmeg, onion, parsley, pepper, pimento)).

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 with lid on. Always cook from frozen. Stir before serving.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084