



Product Information Sheet

Product Code 217133

Weight 200g

Product Type Individual

Product Name Level 3 Cream of Vegetable Soup

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	623kj	1247kj
Energy (kcal)	151kcal	301kcal
Fat	12g	25g
Saturated	2.2g	4.4g
Monounsaturated	6.5g	13g
Polyunsaturated	3.5g	6.9g
Carbohydrate	4.9g	9.8g
of which sugars	2.6g	5.2g
Fibre	1.7g	3.4g
Protein	4.1g	8.2g
Sodium	170mg	340mg
Salt equivalent	0.43g	0.86g
Potassium	163mg	326mg

Ingredient Declaration

water, skimmed **milk** (16%), parsnip (13%), carrot (10%), rapeseed oil, swede (8%), cream (**milk**) (5%), onion, **milk** protein, pumpkin, sour cream (**milk**), citrus fibres, emulsifier (sunflower lecithin), leek, salt, yeast extract, modified maize starch, garlic puree, natural flavouring, garden lovage, porcini mushroom powder, fennel, nutmeg, thyme, rosemary, fenugreek, turmeric, 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		Tomato	✓	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. Stir before serving. Microwave - cook on HALF POWER

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