



Product Information Sheet

Product Code

217142

Product Type

Individual

Product Name

Level 3 Cream Of Chicken Soup

Weight

200g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	568kj	1135kj
Energy (kcal)	137kcal	274kcal
Fat	12g	23g
Saturated	3.7g	7.4g
Monounsaturated	5.2g	10g
Polyunsaturated	2.5g	5.0g
Carbohydrate	2.1g	4.2g
of which sugars	1.4g	2.8g
Fibre	1.2g	2.4g
Protein	5.3g	11g
Sodium	191mg	381mg
Salt equivalent	0.57g	1.1g
Potassium	132mg	265mg

Ingredient Declaration

water, chicken (16%), cream (**MILK**) (16%), **MILK**, poultry stock, rapeseed oil, carrot, citrus fibres, lemon juice, emulsifier (sunflower lecithin), salt, modified maize starch, thickeners (xanthan gum, guar gum), fenugreek, pepper, chicken fat, garden lovage.

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)

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. Microwave - cook on HALF POWER

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

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