

Product Information Sheet

Product Code 324657

Weight 1120g

Product Type Large / Multi-Portion
Product NameLeek & Potato Soup

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	311kJ	436kJ
Energy (kcal)	75kcal	105kcal
Fat	4.6g	6.4g
Saturated	1.5g	2.1g
Monounsaturated	2.0g	2.8g
Polyunsaturated	0.8g	1.2g
Carbohydrate	5.8g	8.1g
of which sugars	2.5g	3.5g
Fibre	0.8g	1.1g
Protein	2.2g	3.1g
Sodium	254mg	356mg
Salt equivalent	0.64g	0.89g
Potassium	156mg	219mg

Ingredient Declaration

water, leeks (25%), cream (**milk**), potato (8%), onion, vegetable oils (rapeseed, palm, sunflower), cornflour, skimmed **milk** powder, **wheat gluten**, salt, natural flavouring, yeast extract, dried onion, dried leek, sugar, parsley, dried carrot, garlic, pepper, dried tomato, ground turmeric, dried thyme, ground bay leaf.

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		Fish	1./	Fish	
Fat		- Garlic		Garlic	
Healthier Choice		Lupin		Gluten	
Vegan		Milk & Milk		Milk & milk derivatives	
Soft		- Derivatives		Mollusc	
Reduced Sugars		- Mollusc	1./	Mushroom	
Low Sugars		- Mushroom		Mustard	
2 of 5 a Day		Mustard		Nuts	
3 of 5 a Day			/	Onion	
Reducing		Nuts	-	Peanuts	
High Protein		Onion		Soya	
Easy Chew	/	Peanut	\ <u>\</u>	Sulphur dioxide/sulphites	
Free From Milk		Sesame	/	>10mg/kg	<u> </u>
SourceFibre		Soya	//	Tomato	
SourceOfProtein		Tomato	<u> </u>	Yeast	
		Yeast	<u> </u>		
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia	/		
		Pecan	/		
		Pistachio	/		
		Queensland			
		Walnut	/		
		Wheat	+		
		Rye	/		
		Barley	1/		
		Oats	1		

Cooking Guidelines (all ovens may vary)

Cook with lid on. Cook from frozen.

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

Product Code 328657

Weight 420g

Product Type Small / Twin

Product Name Leek & Potato Soup

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	311kJ	436kJ
Energy (kcal)	75kcal	105kcal
Fat	4.6g	6.4g
Saturated	1.5g	2.1g
Monounsaturated	2.0g	2.8g
Polyunsaturated	0.8g	1.2g
Carbohydrate	5.8g	8.1g
of which sugars	2.5g	3.5g
Fibre	0.8g	1.1g
Protein	2.2g	3.1g
Sodium	254mg	356mg
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1 of 5 a Day Alcohol ✓ Alcohol Image: Color of the part of	Diet Coding		Made Without		Free From	
Gluten Free Celery Celery Choese Chow Salt Crustacean Crustacean Crustacean Crustacean Comparison C	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat Cheese Cheese Low Salt Crustacean Egg & egg Derivatives Vegetarian Egg & egg Derivatives Fish Fat Fish Garlic Healthier Choice Lupin Milk & Milk & Galtic Vegan Milk & Milk & Milk & Derivatives Mollusc Reduced Sugars Mulshroom Mushroom Low Sugars Mustard Mustard 3 of 5 a Day Mustard Muts High Protein Peanut Soya Easy Chew Peanut Soya Free From Milk Soya Soya SourceOfProtein Tomato Yeast Almond ✓ Brazil ✓ Cashew ✓ Hazlenut ✓ Macadamia ✓ Pecan ✓ Pistachio ✓ Queensland ✓ Walnut ✓ Manut ✓	Energy Dense	/	Beef	/	Beef	
Low Salt Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegetarian Vegan	Gluten Free		Celery	/	Celery	
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Vegetarian Egg & Egg Derivatives Fish Fish Fish Fish Garlic Garlic Garlic Garlic Garlic Garlic Garlic Garlic Garlic Gluten Milk & milk derivatives Milk & milk derivatives Mollusc Mulk & milk derivatives Mulk derivatives Mulk derivatives Mulk derivatives Mulk derivatives Mul	Low Salt		Crustacean		Crustacean	
Low Saturated Fish Garlic Garlic Garlic Garlic Garlic Garlic Goldten Goldten Goldten Garlic Garlic Goldten Garl	Vegetarian	/	Egg & Egg Derivatives		Egg & egg derivatives	
Fat Garlic Garlic Garlic Gluten Image: Gluten </td <td>Low Saturated</td> <td></td> <td></td> <td>1./</td> <td>Fish</td> <td></td>	Low Saturated			1./	Fish	
Healthier Choice Lupin Jessen Milk & Milk Milk & Milk Derivatives Mollusc Mushroom Mustard Mustard	Fat		- Garlic	•	Garlic	
Vegan Soft Soft Reduced Sugars Low Sugars Low Sugars 2 of 5 a Day 3 of 5 a Day Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Veast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Wheat Rye Barley Milk & Milk & Milk & Mollusc Mollusc Mushroom Mustard Mustard Nuts Onion Mustard Nuts Onion Peanuts Soya Soya Sulphur dioxide/sulphites Soya Tomato Yeast Yeast Almond Jeast Al	Healthier Choice					
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Free From Milk SourceFibre SourceOfProtein Free From Milk Soya Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Sesame Suipnur dioxide/suipnites >10mg/kg 70mato Yeast Almond Yeast Yeast Yeast Almond Yeast Yeast	High Protein			ļ ,	Soya	
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Tomato Yeast Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Tomato Yeast Yeast Almond Weast Yeast Almond Weast Yeast Almond Walnut Weast Yeast Almond Weast Yeast Almond Walnut Weast Yeast Almond Walnut Wheat Rye Barley	Free From Milk		Sesame	//	>10mg/kg	
Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceFibre		Soya	/	Tomato	
Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceOfProtein		Tomato		Yeast	
Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Yeast			
Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Almond	/		
Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Brazil	/		
Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat Rye Barley			Hazlenut	/		
Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio			
Walnut Wheat Rye Barley			Queensland	1/		
Wheat Rye Barley			-	1./		
Rye / Barley /						
Barley				1./		
			-	1./		
Outs I / I			Oats	1/		

Cooking Guidelines (all ovens may vary)

Cook with lid on. Cook from frozen.

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

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