



# Product Information Sheet

Product Code

324657

Product Type

Large / Multi-Portion

Product Name

Leek & Potato Soup

Weight

1120g

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 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. Cook from frozen.

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

Product Code

328657

Product Type

Small / Twin

Product Name

Leek & Potato Soup

Weight

420g

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 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. Cook from frozen.

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

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