Carrot &Cumin Soup - Pureed - NEW

Texture Modified (Level 4 Pureed). A creamy carrot soup spiced with cumin.

Ingredients

water (43%), Carrot (34%), Cream (9%) (**Milk**), Onion (8%), Calcium Caseinate (Skim **Milk**), Vegetable Shortening (Emulsifiers (435, 471), Antioxidant (307b (**Soy**))), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Vegetable Protein Extract (**Soy**, Maltodextrin (Corn)), Salt, Sugar, Vegetable Gum (412), Cumin (0.05%), Thyme.
CONTAINS MILK, SOY.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	630kj (151Cal)	315kJ (76Cal)
Protein:	5.4g	2.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.8g	4.9g
--Saturated:	6.2g	3.1g
Carbohydrates:	9.6g	4.8g
--Sugars:	5.2g	2.6g
Dietary Fibre:	2.2g	1.1g
Sodium:	482mg	241mg
Potassium:	236mg	118mg

Disclaimer:
Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.