



Chicken & Corn Soup

Thick, creamy corn soup with tasty chicken pieces.

Corn is a nutritional powerhouse, rich in antioxidants and fibre. Being a good source of antioxidant carotenoids such as lutein and zeaxanthin, corn may promote eye health.



Ingredients

Water, Skim Milk, Corn (19%), Chicken (10%), Onions, Carrots, Celery, Chicken Stock Powder [Sea Salt, Rice Flour, Corn Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onions, Disodium Guanylate & Inosinate, Canola Oil, Chillij], Cornflour, Canola Oil, Turmeric. CONTAINS MILK.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	741kj (178Cal)	247kJ (59Cal)
Protein:	13.5g	4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.9g	0.3g
Carbohydrates:	20.7g	6.9g
--Sugars:	12.9g	4.3g
Dietary Fibre:	2.7g	0.9g
Folate:	23.4ug (12% RDI)	7.8ug
Sodium:	585mg	195mg
Potassium:	384mg	128mg
Phosphorus:	290mg (29% RDI)	97mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.