



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, Stock Powder [Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Tapioca, Canola Oil, Turmeric.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.