



Creamy Pumpkin Soup

Delicious pumpkin soup, thick and creamy and always satisfying.

Pumpkins are loaded with the antioxidant beta-carotene, which is one of the plant carotenoids converted to Vitamin A in the body. Vitamin A is essential for healthy, glowing skin, strong eyesight, and our immune system.



Ingredients

Pumpkin (33%), Water, Milk, Potatoes, Onions, Celery, Carrots, Oil, Tapioca, Vegetable Stock Powder [Sea Salt, Corn Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Spinach, Garlic, Celery), Natural Vegetable Flavours, Canola Oil, Chilli], Salt, Pepper. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	513kj (123Cal)	171kJ (41Cal)
Protein:	4.2g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.6g	0.2g
Carbohydrates:	12.3g	4.1g
--Sugars:	7.2g	2.4g
Dietary Fibre:	3.3g	1.1g
Folate:	20.7ug (10% RDI)	6.9ug
Sodium:	492mg	164mg
Potassium:	597mg	199mg
Phosphorus:	110mg (11% RDI)	36mg

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.