



Hearty Vegetable Soup

Tempting home style broth simmered with ham hock, vegetable pieces such as potato, carrots, red kidney beans, pumpkin, zucchini and spinach.

Kidney beans are a very good source of B Vitamins, dietary fibre, copper and iron. Copper and iron are essential for new blood cell formation.



Ingredients

Water, Tomatoes (7%), Kidney Beans (6%), Broth (From Ham Bones), Potatoes (4%), Pumpkin (3%), Cabbage (3%), Zucchini (3%), Onions (3%), Carrots (3%), Beans (2%), Celery (2%), Ham, Tapioca, Vegetable Stock Powder [Sea Salt, Corn Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate And Inosinate, Canola Oil, Chilli], Garlic, Turmeric, Pepper, Salt, Oil.

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

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	300kj (72Cal)	100kJ (24Cal)
Protein:	5.1g	1.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.2g	0.4g
--Saturated:	0.3g	0.1g
Carbohydrates:	9g	3g
--Sugars:	3g	1g
Dietary Fibre:	3g	1g
Folate:	18.6ug (9% RDI)	6.2ug
Sodium:	645mg	215mg
Potassium:	381mg	127mg
Phosphorus:	80mg (10% RDI)	27mg

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.