Italian Vegetable Soup

A creamy style vegetable soup.

Ingredients

Water (52%), Potato (8%) (**Sulphites**) (Preservative (220)), Tomato Paste (8%) (Tomato Paste, Water, Acidity Regulator (330)), Cream (7%) (**Milk**), Carrot (5%), Leek (4.5%), Onion (3.5%), White Cabbage (3%), Celery (1.5%), Turnip (1.5%) (**Sulphites**) (Preservative (220)), Vegetable Shortening (Emulsifiers (435, 471), Antioxidant (307b (**Soy**)), Calcium Caseinate (Skim **Milk**, Acidity Regulator (513, 527, 526)), Potato Flakes (Emulsifier (471), Acidity Regulator (330)), Vegetable Stock Blend (Flavour Enhancer (635)), Modified Starch (1422), Vegetable Protein Extract (**Soy**, Maltodextrin (Corn)), Salt, Garlic Powder, Dried Basil, Parsley.
CONTAINS MILK, SOY, SULPHITES.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	574kj (138Cal)	287kJ (69Cal)
Protein:	5.2g	2.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.2g	4.1g
--Saturated:	5.2g	2.6g
Carbohydrates:	10g	5g
--Sugars:	4g	2g
Dietary Fibre:	1.8g	0.9g
Sodium:	598mg	299mg
Potassium:	294mg	147mg

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.