



Lentil & Vegetable Soup

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup. Lentils, a small but nutritionally mighty member of the legume family, are a good source of fibre. Not only do lentils help lower cholesterol, they are beneficial in managing blood-sugar disorders because their high fibre content prevents blood sugar levels from rising rapidly after a meal. Lentils also provide ample amounts of minerals, B-vitamins, and protein all with virtually no fat.



Ingredients

Water, Tomatoes (13%), Carrots (10%), Brown Lentils (8%), Celery (6%), Potatoes (5%), Onions (5%), Vegetable Stock Powder [Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Cornflour, Oil, Garlic, Salt, Parsley, Oregano, Pepper.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	312kj (75Cal)	104kJ (25Cal)
Protein:	2.4g	0.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	10.5g	3.5g
--Sugars:	3.9g	1.3g
Dietary Fibre:	3.9g	1.3g
Folate:	16.5ug (8% RDI)	5.5ug
Sodium:	606mg	202mg
Potassium:	414mg	138mg
Phosphorus:	50mg (5% RDI)	17mg

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.