



Pea and Ham Soup

Delicious pea soup speckled with ham pieces. Green peas are a good source of energy, fibre, protein and essential vitamins. Peas are a rich source of a carotenoid called lutein that helps in lowering the risk of macular degeneration of the eyes.



Ingredients

Water, Peas (25%), Onions, Ham (8%), Potatoes, Carrots, Cornflour, Celery, Oil, Salt, Pepper.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	756kj (181Cal)	252kJ (60Cal)
Protein:	12.6g	4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6g	2g
--Saturated:	2.1g	0.7g
Carbohydrates:	15.9g	5.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	5.7g	1.9g
Folate:	45ug (23% RDI)	15ug
Sodium:	381mg	127mg
Potassium:	405mg	135mg
Phosphorus:	126mg (13% RDI)	42mg

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.