



Potato & Leek Soup

This old fashioned favourite is smooth, rich and creamy.

Leeks are a good source of vitamin K1, which is essential for blood clotting and heart health.

Leeks are low in calories but high in nutrients, particularly magnesium and vitamins A, C, and K. They boast small amounts of fiber, copper, vitamin B6, iron, and folate.



Ingredients

Water, Potatoes (22%), Leeks (12%), Onions, Celery, Oil, Salt, Garlic, Parsley, Thyme, Pepper.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	387kj (93Cal)	129kJ (31Cal)
Protein:	0.3g	0.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.3g	0.1g
Carbohydrates:	10g	3.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	3.3g	1.1g
Sodium:	807mg	269mg
Potassium:	393mg	131mg
Phosphorus:	58mg (6% RDI)	19mg

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.