Pumpkin Soup

A creamy and thick pumpkin soup.

Ingredients

Water (46%), Pumpkin (20%), Butternut Pumpkin (10%), Cream (7%) (**Milk**), Onion (5%), Potato Flakes (Emulsifier (471), Acidity Regulator (330)), Calcium Caseinate (Skim **Milk**, Acidity Regulator (513, 527, 526)), Vegetable Shortening (Emulsifiers (435, 471), Antioxidant (307b (**Soy**)), Vegetable Stock Blend (Flavour Enhancer (635)), Sugar, Modified Starch (1422), Vegetable Protein Extract (**Soy**, Maltodextrin (Corn)), Salt, Turmeric, Pepper, Cayenne Pepper.
CONTAINS MILK, SOY.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	700kj (168Cal)	350kJ (84Cal)
Protein:	7g	3.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9g	4.5g
--Saturated:	5.6g	2.8g
Carbohydrates:	14g	7g
--Sugars:	6g	3g
Dietary Fibre:	1.6g	0.8g
Sodium:	598mg	299mg
Potassium:	302mg	151mg

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.