



## Rich Beef & Vegetable Soup

Hearty beef, vegetable and pasta pieces in a tasty broth.

Soups made with vegetables and lean meats provide us with an array of vitamins, minerals. Beef is an excellent source of iron and protein and the vegetables in soup contain many vitamins, such as A and C.



### Ingredients

Water, Beef (15%), Soup Mix (Potato Starch [Sulphite], Pasta [Wheat Flour Durum Wheat, Semolina], Hydrolysed Vegetable Protein [Maize], Flavour Enhancers [621, 635], Sugar, Rice Flour, Flavours [Beef], Dehydrated Vegetable, Yeast, Salt, Canola Oil, Colour [150d], Maltodextrin [Maize], Yeast Extract), Carrots (6%), Celery (6%), Peas (6%), Onions (3%), Broccoli (1.5%), Cauliflower (1.5%), Cornflour, Oil, Salt, Pepper. CONTAINS GLUTEN, SOY, SULPHITE.

### Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	810kj (194Cal)	270kJ (65Cal)
Protein:	22.5g	7.5g
Fat, Total:	4.2g	1.4g
--Saturated:	0.6g	0.2g
Carbohydrates:	15.9g	5.3g
--Sugars:	2.7g	0.9g
Dietary Fibre:	1.2g	0.4g
Folate:	24ug (12% RDI)	8ug
Sodium:	657mg	219mg
Potassium:	255mg	85mg
Phosphorus:	141mg (13% RDI)	47mg

#### 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.