



## 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 (**Soy**) (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%), Tapioca, Oil, Salt, Pepper. **CONTAINS GLUTEN, WHEAT, SOY, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.