Spiced Carrot &Lentil Soup

A smooth Indian style spiced carrot and lentil soup.

Ingredients

Water (51%), Carrot (33%), Red Lentils (8%), Cream (**Milk**), Onion, Butter (**Milk**), Salt, Vegetable Stock Blend (Flavour Enhancer (635)), Garlic, Curry Powder (0.5%) (Coriander, Cumin, Ginger, Turmeric, Paprika, Chilli, Garlic), Tapioca Starch, Turmeric, Cardamom, Cinnamon, Ginger, Sugar, Fennel.
CONTAINS MILK. MAY CONTAIN GLUTEN, WHEAT, SOY.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	502kj (120Cal)	251kJ (60Cal)
Protein:	4.8g	2.4g
Fat, Total:	4.2g	2.1g
--Saturated:	2.6g	1.3g
Carbohydrates:	14.8g	7.4g
--Sugars:	6g	3g
Dietary Fibre:	4.8g	2.4g
Sodium:	464mg	232mg
Potassium:	320mg	160mg

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.