Spiced Sweet Potato &Lentil Soup - Pureed - NEW

Texture Modified (Level 4 Pureed). Creamy style sweet potato and red lentil soup, flavoured with Indian spices.

Ingredients

Sweet Potato (38%) (**Sulphites**) (Preservative (223)), Water (37%), Red Lentils (10%), Potato Flakes (6%) (Potatoes, Emulsifier (471), Acidity Regulator (330)), Cream (**Milk**), Onion, Vegetable Stock Blend (Flavour Enhancer (635)), Butter (**Milk**), Salt, Garlic (Acidity Regulator (330)), Tapioca Starch, Cinnamon Powder, Curry Powder, Turmeric, Ginger (Acidity Regulator (260), Vegetable Gum (415)), Sugar, Cardamom, Fennel.
CONTAINS MILK, SULPHITES. MAY CONTAIN GLUTEN, WHEAT, SOY, LUPIN.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	910kj (218Cal)	455kJ (109Cal)
Protein:	7.6g	3.8g
Fat, Total:	5g	2.5g
--Saturated:	3.2g	1.6g
Carbohydrates:	32.4g	16.2g
--Sugars:	5.6g	2.8g
Dietary Fibre:	5.4g	2.7g
Sodium:	692mg	346mg
Potassium:	368mg	184mg

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.