



Chickpea, Tomato & Chorizo Soup

Wholesome and hearty with a mild spice of Chorizo sausage, this soup has real flavour.



Ingredients

Water (62%), Chickpeas (24%), Tomatoes (16%), Onion, Carrot, Tomato Paste, Celery, Chorizo Sausage (2%) (gluten free), Garlic, Custom Base (Maltodextrin, Rice Cereal, Maize Starch, Canola Oil, Natural Flavours, Sugar, Vegetable Powders, Yeast Extract, Food Acid (330)), Herbs, Salt, Spices, Citric Acid. CONTAINS YEAST.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	657kj (158Cal)	219kJ (53Cal)
Protein:	7.5g	2.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	1.2g	0.4g
Carbohydrates:	15.9g	5.3g
--Sugars:	4.5g	1.5g
Sodium:	543mg	181mg

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.