



Cream of Mushroom Soup

This mouth-watering mushroom soup is smooth, rich and satisfying.



Ingredients

Mushrooms (23%), Water, Milk, Onion, Starch, Vegetable Stock (Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables [Onion, Celery, Garlic, Spinach], Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Oil, Chilli), Margarine, Garlic, Oil, Thyme, Nutmeg, Salt, Pepper. CONTAINS DAIRY, YEAST, CORN PRODUCTS, CHILLI.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	528kj (127Cal)	176kJ (42Cal)
Protein:	9g	3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.3g	1.1g
--Saturated:	0.6g	0.2g
Carbohydrates:	14.1g	4.7g
--Sugars:	9.6g	3.2g
Dietary Fibre:	2.4g	0.8g
Folate:	45ug (23% RDI)	15ug
Sodium:	189mg	63mg
Potassium:	528mg	176mg
Phosphorus:	273mg (27% RDI)	91mg

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.