



Creamy Pumpkin Soup

Delicious pumpkin soup, thick and creamy and always satisfying.



Ingredients

Pumpkin (33%), Water, Milk, Potato, Onion, Celery, Carrot, Oil, Tapioca, Stock [Marine Salt, Corn, Maltodextrin, Refined White Sugar, Yeast Extract, Dehydrated Vegetables (onion, spinach, cabbage, garlic, celery), Natural Vegetable flavours, Extra Virgin Olive Oil, Chillij], Salt, Pepper. CONTAINS DAIRY, YEAST

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	513kj (123Cal)	171kJ (41Cal)
Protein:	4.2g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.6g	0.2g
Carbohydrates:	12.3g	4.1g
--Sugars:	7.2g	2.4g
Dietary Fibre:	3.3g	1.1g
Folate:	20.7ug (10% RDI)	6.9ug
Sodium:	255mg	85mg
Potassium:	660mg	220mg
Phosphorus:	110mg (11% RDI)	36mg

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.