



Lentil & Vegetable Soup

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup.



Ingredients

Water, Tomato (13%), Carrots (11%), Brown Lentils (8%), Celery (7%), Potato (5%), Onion (5%), Stock Powder [Marine Salt, Corn, Maltodextrin, Sugar, Yeast Extract, Dehydrated Vegetables (onion, celery, garlic, spinach), Natural Vegetable Flavours, Sodium Guanylate & Inosinate, Canola Oil, Caramel Colour (150a) Chilli], Tapioca, Oil, Garlic, Salt, Parsley, Oregano, Pepper. CONTAINS CORN, YEAST, CHILLI.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	339kJ (81Cal)	113kJ (27Cal)
Protein:	2.7g	0.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	2.1g	0.7g
--Saturated:	0.3g	0.1g
Carbohydrates:	11.1g	3.7g
--Sugars:	4.2g	1.4g
Dietary Fibre:	3.3g	1.1g
Folate:	315ug (8% RDI)	105ug
Sodium:	801mg	267mg
Potassium:	315mg	105mg
Phosphorus:	50mg (5% RDI)	17mg

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.