

Rich Beef & Vegetable Soup

An old fashioned favourite, hearty beef, vegetable and pasta pieces in a tasty broth.



Ingredients

Water, Beef (15%), Soup Mix (Potato Starch [Sulphite], Pasta [Wheat Flour Durum Wheat, Semolina], Hydrolysed Vegetable Protein [Maize], Flavour Enhancers [621, 635], Sugar, Rice Flour, Flavours [Beef], Dehydrated Vegetable, Yeast, Salt, Canola Oil, Colour [150d], Maltodextrin [Maize], Yeast Extract), Carrots (6%), Peas (6%), Onion (3%), Broccoli (1.5%), Cauliflower (1.5%), Tapioca Starch, Oil, Salt, Pepper. CONTAINS GLUTEN, YEAST, CORN PRODUCTS, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	810kj (194Cal)	270kJ (65Cal)
Protein:	22.5g	7.5g
Fat, Total:	4.2g	1.4g
--Saturated:	0.6g	0.2g
Carbohydrates:	15.9g	5.3g
--Sugars:	2.7g	0.9g
Dietary Fibre:	1.2g	0.4g
Folate:	24ug (12% RDI)	8ug
Sodium:	435mg	145mg
Potassium:	213mg	71mg
Phosphorus:	141mg (13% RDI)	47mg

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.