

Nutritional Info

Nutrients

| SOUPS | | | | | | | | |
|----------------------------------|---|-----------------|---|----------------|---|-----------------|--|-----------------|
| | Butternut soup | | Chicken mush | | Green Pea | | Hearty Beef | |
| | 100g | Serving 290g | 100g | Serving 300 | 100g | Serving 370g | 100g | Serving 290g |
| Energy kJ | 224 | 687 | 289 | 887 | 208 | 788 | 387 | 1151 |
| Protein g | 2.4 | 7.2 | 6.1 | 18.6 | 2.1 | 7.8 | 6.4 | 19.0 |
| Carbohydrate g | 9 | 26 | 6 | 18 | 7 | 28 | 7 | 20 |
| of which total sugar g | 1.4 | 4.4 | 2.4 | 7.2 | 1.9 | 7.3 | 0.3 | 0.9 |
| Total fat g | 0.2 | 0.5 | 2 | 6.1 | 0.7 | 2.7 | 3.9 | 11.6 |
| of which saturated fat (g) | 0 | 0.1 | 0.8 | 2.5 | 0.3 | 1.3 | 1.5 | 4.6 |
| of which trans fat (g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 |
| of which monosaturated fat(g) | 0 | 0.1 | 0.7 | 2 | 0.2 | 0.8 | 1.4 | 4.2 |
| of which polyunsaturated fat (g) | 0.1 | 0.2 | 0.3 | 1 | 0.1 | 0.3 | 0.3 | 0.8 |
| Cholesterol mg | 0 | 0 | 13 | 40 | 2 | 7 | 19 | 5 |
| Dietary fibre | 2 | 6.2 | 0.8 | 2.6 | 1.4 | 5.3 | 1.7 | 5.1 |
| Total sodium mg | 222 | 682 | 157 | 482 | 16 | 61 | 31 | 93 |
| GL | | 9 | | 7 | | 15 | | 2 |
| GI | LOW | | LOW | | LOW | | LOW | |
| Exchange value | 1 starch, ½ protein, 2 vegetables | | 1 starch, 1 protein ½ dairy | | 1 starch, ½ protein 2 vegetables | | 1 starch, 2 protein ½ fat, 1 vegetables | |
| Added value | LOW FAT < 3g 100g CHOLESTEROL FREE < 2mg 100g | | LOW FAT < 3g 100g LOW CHOLESTEROL < 20mg 100g | | LOW FAT < 3g 100g LOW SODIUM < 120mg 100g LOW CHOLESTEROL < 20mg 100g Gluten free | | LOW CHOLESTEROL < 20mg 100g | |
| Gluten free | Gluten free | | | | Gluten free | | | |
| ALLERGENS | None | | Cow's milk Gluten (oats) | | Cow's milk | | Gluten | |
| INGREDIENTS | Water, butternut (25%), sweet potato, apple, lentils, onion, orange, salt, spices, herbs | | Low-fat milk, water, chicken(13%), mushrooms (11%), onion, oats, stock powder, flavouring, herbs | | Low fat milk, water, potato, onion, baby marrow, green peas (8%), stock powder, herbs spices | | Vegetables (baby marrow, carrot, onion, celery, leek), water, lean beef (25%), soup mix mix (barley,split lentils), stock powder, herbs | |



Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices, acid)