

HEY DAHL NEPALESE LENTIL SOUP

Nutritional Information

SERVINGS PER PACKAGE: 2 AVERAGE SERVING SIZE: 300g

	AVE QTY PER SERVE	AVE QTY PER 100G	RDI %
ENERGY	445kJ (106Cal)	148kJ (36Cal)	5%
PROTEIN	6.3g	2.1g	13%
FAT (TOTAL)	1.9g	0.6g	3%
– SATURATED	0.3g	<0.1g	1%
CARBOHYDRATE	13.2g	4.4g	4%
– SUGARS	4.7g	1.6g	5%
SODIUM	714mg	238mg	31%

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Ingredients

INGREDIENTS: WATER, LENTILS (15%), CRUSHED TOMATO (TOMATO, TOMATO JUICE), ONION, CHICKPEAS, TOMATO, PARSLEY, CORIANDER, VEGETABLE BROTH, CANOLA OIL, TURMERIC, GARLIC, PAPRIKA, PEPPER, CUMIN.

**MADE ON EQUIPMENT THAT ALSO
PROCESSES: GLUTEN, MILK, CRUSTACEA
& SOYBEANS.**