

ROCK THE KASBAA LAMB & LENTIL SOUP

Nutritional Information

SERVINGS PER PACKAGE: 2 AVERAGE SERVING SIZE: 300g

	AVE QTY PER SERVE	AVE QTY PER 100G	RDI %
ENERGY	491kJ (117Cal)	164kJ (39Cal)	6%
PROTEIN	7.7g	2.6g	15%
FAT (TOTAL)	6.2g	2.1g	9%
– SATURATED	2.4g	0.8g	10%
CARBOHYDRATE	10.6g	3.5g	3%
– SUGARS	2.7g	0.9g	3%
SODIUM	504mg	168mg	22%

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

LAMB MEAT STOCK (WATER, LAMB, CELERY, CORIANDER, ONION, SHALLOTS), WATER, LAMB (7%), TOMATO, ONION, CARROT, POTATO, CELERY, CHICKPEAS, LENTILS, STARCH (MAIZE), PARSLEY, GARLIC, GINGER, VEGETABLE BROTH, CINNAMON, SALT, CUMIN, PAPRIKA, PEPPER.

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