

HOLY SHIITAKE MUSHROOM SOUP

Nutritional Information

SERVINGS PER PACKAGE: 2 AVERAGE SERVING SIZE: 300g

	AVE QTY PER SERVE	AVE QTY PER 100G	RDI %
ENERGY	468kJ (112Cal)	156kJ (37Cal)	5%
PROTEIN	3.7g	1.2g	7%
FAT (TOTAL)	4.5g	1.5g	6%
– SATURATED	2.7g	0.9g	11%
CARBOHYDRATE	13.6g	4.6g	4%
– SUGARS	1.6g	0.5g	2%
SODIUM	2250mg	751mg	98%

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, POTATO, MUSHROOM, ONION, WHEAT FLOUR, BUTTER (MILK), SALT, SHIITAKE MUSHROOM (0.5%), VEGETABLE BROTH, CORIANDER, BLACK MUSHROOM, GARLIC, PEPPER, GINGER, CANOLA OIL.

ALLERGEN ADVICE: CONTAINS WHEAT, MILK.

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