

MAMA MASALA SPICED PUMPKIN AND CARROT SOUP

Nutritional Information

SERVINGS PER PACKAGE: 2 AVERAGE SERVING SIZE: 300g

	AVE QTY PER SERVE	AVE QTY PER 100G	RDI %
ENERGY	535kJ (128Cal)	178kJ (43Cal)	6%
PROTEIN	2.9g	1.0g	6%
FAT (TOTAL)	7.3g	2.4g	10%
– SATURATED	3.5g	1.2g	15%
CARBOHYDRATE	10.8g	3.6g	3%
– SUGARS	5.6g	1.9g	3%
SODIUM	1120mg	374mg	49%

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

WATER, CARROT, PUMPKIN, ONION, CELERY, LENTILS, VEGETABLE BROTH, CORIANDER, COCONUT MILK POWDER (CONTAINS MILK), CANOLA OIL, GARLIC, GINGER, CHILLI, LEMON JUICE CONCENTRATE, CUMIN, TURMERIC, CURRY POWDER, CINNAMON, PEPPER.

ALLERGENS: CONTAINS MILK.