



## Soup Ingredient List

Although Lite n' Easy has done all the hard work for you in developing and analysing your meals, you may care to know more about the individual products in your meal plan.

The information in this document is set out in the format outlined by the Food Standards Code.

Every reasonable effort has been made to ensure the accuracy of all information at time of publication. However, information contained within is subject to change without prior notice.

### **If you have a food allergy or intolerance:**

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients:

Milk, Egg, Soya, Seafood (Including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products.

For more information about food labelling requirements visit the web site:

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

If you would like additional information about nutrition or dietary guidelines visit:

[www.NutritionAustralia.org](http://www.NutritionAustralia.org) or

[www.health.gov.au](http://www.health.gov.au)

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## Soup Ingredient List

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## 901 Pea & Ham Soup

**Ingredients:** Pork Stock, Water, Peas (18%), Bacon (5%) (Contains Preservative (250)), Carrot, Celery, Onion, Corn Starch, Salt, Garlic, Sugar, Sunflower Oil, Pepper

**Serving Size:** 270g

|                      | per serving       | per 100g         |
|----------------------|-------------------|------------------|
| <b>Energy</b>        | 658kJ<br>(157Cal) | 244kJ<br>(58Cal) |
| <b>Protein</b>       | 16.1g             | 6.0g             |
| <b>Fat, Total</b>    | 1.7g              | 0.6g             |
| <b>- Saturated</b>   | 0.5g              | 0.2g             |
| <b>Carbohydrate</b>  | 16.6g             | 6.1g             |
| <b>- Sugars</b>      | 2.5g              | 0.9g             |
| <b>Dietary Fibre</b> | 5.1g              | 1.9g             |
| <b>Sodium</b>        | 618mg             | 229mg            |

Made in Australia

## 906 Pumpkin Soup

**Ingredients:** Pumpkin (50%), Water, Evaporated Milk, Cream, Salt, Corn Starch, Yeast Extract, Onion Extract

**Serving Size:** 270g

|                      | per serving      | per 100g         |
|----------------------|------------------|------------------|
| <b>Energy</b>        | 282kJ<br>(67Cal) | 104kJ<br>(25Cal) |
| <b>Protein</b>       | 2.1g             | 0.8g             |
| <b>Fat, Total</b>    | 1.7g             | 0.6g             |
| <b>- Saturated</b>   | 1.0g             | 0.4g             |
| <b>Carbohydrate</b>  | 8.9g             | 3.3g             |
| <b>- Sugars</b>      | 7.9g             | 2.9g             |
| <b>Dietary Fibre</b> | 2.6g             | 1.0g             |
| <b>Sodium</b>        | 775mg            | 287mg            |

**CONTAINS:** Milk

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## 908 Chicken Noodle Soup

**Ingredients:** Chicken Stock, Onion, Carrot, Pasta (8%) (Semolina, Flour), Chicken (8%), Celery, Leek, Salt, Onion Extract, Butter, Yeast Extract, Sugar, Pepper

**Serving Size:** 250g

|                      | per serving       | per 100g         |
|----------------------|-------------------|------------------|
| <b>Energy</b>        | 495kJ<br>(118Cal) | 198kJ<br>(47Cal) |
| <b>Protein</b>       | 8.5g              | 3.4g             |
| <b>Fat, Total</b>    | 3.3g              | 1.3g             |
| <b>- Saturated</b>   | 1.2g              | 0.5g             |
| <b>Carbohydrate</b>  | 9.5g              | 3.8g             |
| <b>- Sugars</b>      | 5.3g              | 2.1g             |
| <b>Dietary Fibre</b> | 3.3g              | 1.3g             |
| <b>Sodium</b>        | 579mg             | 232mg            |

**CONTAINS:** Wheat, Milk

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## 910 Tomato Soup

**Ingredients:** Water, Tomato (34%), Tomato Paste, Evaporated Milk (Vegetable Gum (Carrageenan)), Cream, Sugar, Salt, Onion Extract, Garlic Extract, Yeast Extract, Pepper

**Serving Size:** 250g

|                      | per serving       | per 100g         |
|----------------------|-------------------|------------------|
| <b>Energy</b>        | 566kJ<br>(135Cal) | 226kJ<br>(54Cal) |
| <b>Protein</b>       | 4.7g              | 1.9g             |
| <b>Fat, Total</b>    | 3.7g              | 1.5g             |
| <b>- Saturated</b>   | 2.4g              | 0.9g             |
| <b>Carbohydrate</b>  | 19.4g             | 7.8g             |
| <b>- Sugars</b>      | 15.7g             | 6.3g             |
| <b>Dietary Fibre</b> | 2.6g              | 1.0g             |
| <b>Sodium</b>        | 955mg             | 382mg            |

**CONTAINS:** Milk

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## 930 Country Vegetable & Bacon Soup

**Ingredients:** Chicken Stock, Sweet Potato, Carrot, Onion, Bacon (Contains Preservative (250)), Chickpeas, Pepitas, Corn Starch, Tomato Paste, Salt, Yeast Extract

**Serving Size:** 228g

|                      | <b>per serving</b> | <b>per 100g</b> |
|----------------------|--------------------|-----------------|
| <b>Energy</b>        | 494kJ (118Cal)     | 217kJ (52Cal)   |
| <b>Protein</b>       | 7.3g               | 3.2g            |
| <b>Fat, Total</b>    | 2.7g               | 1.2g            |
| <b>- Saturated</b>   | 0.7g               | 0.3g            |
| <b>Carbohydrate</b>  | 14.2g              | 6.2g            |
| <b>- Sugars</b>      | 5.1g               | 2.2g            |
| <b>Dietary Fibre</b> | 3.7g               | 1.6g            |
| <b>Sodium</b>        | 681mg              | 299mg           |

Made in Australia

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