



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

If you would like additional information about nutrition or dietary guidelines visit:
www.NutritionAustralia.org or
www.health.gov.au

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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
Energy	658kJ (157Cal)	244kJ (58Cal)
Protein	16.1g	6.0g
Fat, Total	1.7g	0.6g
- Saturated	0.5g	0.2g
Carbohydrate	16.6g	6.1g
- Sugars	2.5g	0.9g
Dietary Fibre	5.1g	1.9g
Sodium	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
Energy	282kJ (67Cal)	104kJ (25Cal)
Protein	2.1g	0.8g
Fat, Total	1.7g	0.6g
- Saturated	1.0g	0.4g
Carbohydrate	8.9g	3.3g
- Sugars	7.9g	2.9g
Dietary Fibre	2.6g	1.0g
Sodium	775mg	287mg

CONTAINS: Milk

Made in Australia

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
Energy	495kJ (118Cal)	198kJ (47Cal)
Protein	8.5g	3.4g
Fat, Total	3.3g	1.3g
- Saturated	1.2g	0.5g
Carbohydrate	9.5g	3.8g
- Sugars	5.3g	2.1g
Dietary Fibre	3.3g	1.3g
Sodium	579mg	232mg

CONTAINS: Wheat, Milk

Made in Australia

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

CONTAINS: Milk

Made in Australia

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

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

Made in Australia

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