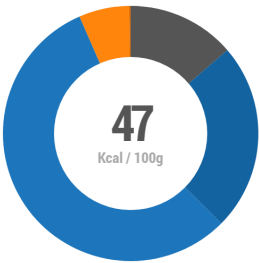


Vegetable Soup + Roll Actual March '25

By Sinead Bradbury



CALORIES:

79.8% Carbs

13.7% Protein

6.6% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 242G SERVING	%RI
Energy(Kj)	203 kJ	2%	492 kJ	6%
Energy(kcal)	48 kcal	2%	116 kcal	6%
Fat	0.5 g	1%	0.8 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	9.3 g	4%	23 g	9%
of which sugars	2.8 g	3%	6.7 g	7%
Fibre	0.7 g	3%	1.6 g	6%
Protein	1.6 g	3%	3.9 g	8%
Salt	0.36 g	6%	0.87 g	15%

CONTAINS:



WHEAT



CELERY

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 2% RI	47kcal	Saturated Fat 0% RI	0.0109g	Vitamin A (ret eq) 57% RI	458ug
Energy(Kj) 2% RI	198kJ	Monounsaturated fat 0% RI	0.0436g	Retinol	0ug
		cis-Mono	-	Carotene	2746ug
MACRONUTRIENTS		Polyunsaturated fat 1% RI	0.1564g	Vitamin D	0ug
Carbohydrate 4% RI	9.3g	Omega3(n-3)	0g	Vitamin E 2% RI	0.2573mg
Protein 3% RI	1.6g	Omega6(n-6)	0g	Vitamin K ₁	-
Fat 0% RI	0.34g	cis-Poly	-	Thiamin (B ₁) 8% RI	0.0836mg
Water	87g	Trans-fatty acids	trace	Riboflavin (B ₂) 1% RI	0.0155mg
Water from Drinks	0g	Cholesterol	0mg	Niacin total (B ₃) 5% RI	0.7727mg
Alcohol (0% ABV)	0g			Niacin 3% RI	0.4182mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Tryptophan	21.3mg
Starch	6.5g	Sodium 6% RI	144mg	Pantothenic Acid (B ₅) 3% RI	0.1564mg
Oligosaccharide	-	Potassium 7% RI	139mg	Vitamin B ₆ 8% RI	0.1118mg
Fibre 3% RI	0.6545g	Chloride 27% RI	218mg	Folates (B ₉) Total 7% RI	13.6ug
NSP	0.5035g	Calcium 4% RI	28.8mg	Vitamin B ₁₂	0ug
Sugars 3% RI	2.8g	Phosphorus 4% RI	25.8mg	Biotin (B ₇) 1% RI	0.3545ug
Glucose	trace	Magnesium 2% RI	6.5mg	Vitamin C 10% RI	7.7mg
Galactose	-	Iron 3% RI	0.4091mg		
Fructose	0.0182g	Zinc 2% RI	0.1909mg		
Sucrose	trace	Copper 3% RI	0.03mg		
		Manganese 5% RI	0.1027mg		
		Selenium 2% RI	1.3ug		
				OTHER	
				GI (estimated)	66

Maltose
Lactose

0.2364g
0g

Iodine 1% RI

1.3ug

GL
Caffeine

6.2
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Vegetable Soup Updated March '25..

VEGETABLE SOUP

U

220g

1 x Medium portion

N/A

Bread roll March '25..

BREAD

U

22g

1 x extra small petit pain

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



242g

/ 116kcal

#

1.0

INGREDIENT LIST (QUID) ...

Vegetable Soup (90.9%) [Swede, Carrot, Onion, **Celery (Celery)**, Herbs, Salt, Turmeric, Smoked Paprika, Garlic, Water, Rapeseed Oil Vegetable Bouillon [Sea Salt, Dried Organic Vegetables, Carrot, Parsnip, Chive, Kale, Parsley, Lovage Root, Garlic, Lovage Leaves, Coriander, Fennel, Fenugreek Seeds, Caraway, Ginger, Paprika, Cinnamon, Chilli, Nutmeg, Pimento, Dill]], Bread (9.1%) [**Wheat** Flour, Water, Salt, **Wheat Gluten**, Dextrose, Yeast, Malted **Wheat** Flour, Ascorbic Acid]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

22g Bread (1 x extra small petit pain)

220g Vegetable soup (1 x Medium portion)

METHOD

No Cooking Instructions

| U Ref Code: | Nutritics ID: U13277672 | Last Modified: 12 Mar 2025

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