

Nutritional Information

Organic Soups

Pumpkin Soup with Ginger

Serving 600g net

| Average Quantity | Per 300g (Recommended Serving) | Per 100g |
|------------------|--------------------------------|----------|
| Energy | 397 kJ | 132.3 kJ |
| Protein | 3.6 g | 1.2 g |
| Total Fat | 1.0 g | 0.4 g |
| - Saturated | 0.4 g | 0.14 g |
| Carbohydrate | 16.0g | 5.4 g |
| Sugars | 9.9g | 3.3 g |
| Sodium | 794 mg | 264.6 mg |

Ingredients: Purified Water, Pumpkin*30%, Potato*, Carrot*, Onion*, Garlic*, Salt and Black Pepper*, Sunflower Oil*, Olive Oil*, Sugar*, Ginger 0.17%, Seeds.
*Organic Ingredients. Made in New Zealand from Local and Imported Ingredients.



Minestrone

| Average Quantity | Per 300g (Recommended Serving) | Per 100 g |
|------------------|--------------------------------|-----------|
| Energy | 862 kJ | 287 kJ |
| Protein | 8.1 g | 2.7 g |
| Total Fat | 0.9 g | 0.3 g |
| - Saturated | 0.3 g | 0.1 g |
| Carbohydrate | 36 g | 12 g |
| Sugars | 8.1g | 2.7 g |
| Sodium | 924 mg | 308 mg |

Ingredients: Vegetables (Tomato, Potato, Carrot, Broccoli, Onion, Spinach)*, Beans*, Tomato paste*, Pasta (Durum wheat semolina), Sugar*, Salt*, Starch*, Garlic*, Olive Oil*, Spices Purified Water. This soup contains Pasta (Durum Wheat Semolina)*.

* indicates organic



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