

# 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.

### Spring Lamb Soup

Average Quantity	Per 300g (Recommended Serving)	Per 100 g
Energy	732 kj	244 kj
Protein	11.4 g	3.8 g
Total Fat	2.4 g	0.8 g
- Saturated	0.9 g	0.3 g
Carbohydrate	26.4 g	8.8 g
Sugars	11g	3.7 g
Sodium	903 mg	301 g

Ingredients: Lamb Stock\*43% (Spring Lamb Meat and Bones\* 17%, Carrot\*, Onion\*, Purified Water), Tomato\*, Potato\*, Sweet Potato\*, Carrot\*, White Beans\*, Lamb Meat\*5%, Onion\*, Garlic\*1%, Thickener (1442), Red Wine\*1%, Salt\*, Spice. \*Organic Ingredients.



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