

Lentil Soup



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	145.0	435.0
Energy Kcal	34.0	102.0
Protein (g)	2.0	6.0
Carbohydrate (g)	5.8	17.4
of which sugar (g)	2.2	6.6
Fat (g)	0.3	0.9
of which saturated (g)	0.1	0.3
Fibre (g)	0.3	0.9
Sodium (g)	0.1	0.3
Equivalent in salt (g)	0.3	0.8

Vegetarian



Vegan



Allergens

none

Ingredients

water, carrot, red lentils (5%), onion, vegetable stock, cornflour, garlic, ginger, sea salt, sugar

Produced in a nut free factory