

Pea & Ham Soup



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	193.0	579.0
Energy Kcal	46.0	138.0
Protein (g)	3.2	9.6
Carbohydrate (g)	5.8	17.4
of which sugar (g)	2.7	8.1
Fat (g)	1.1	3.3
of which saturated (g)	0.2	0.6
Fibre (g)	2.6	7.8
Sodium (g)	0.2	0.7
Equivalent in salt (g)	0.6	1.7

Ingredients
water, peas (33%), ham (6%) (pork, water, salt, sugar, preservatives: sodium nitrite, potassium nitrate, antioxidant: sodium ascorbate), onion, potato, olive oil, vegetable stock (carrot, onion, leek, salt, pepper), garlic, sea salt, black pepper

Vegetarian
X
Vegan
X

Allergens
none
Produced in a nut free factory