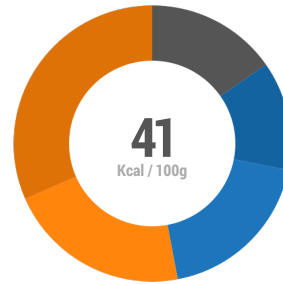


# SOUP-05 PEA & BACON SOUP 250G

By CHANTAL GIORDMAINA

Overview ...

U / 3999761



WEIGHT:

**31.8% Carbs**

**15.3% Protein**

**52.9% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 250G SERVING	%RI
Energy(Kj)	<b>163</b> kJ	2%	<b>409</b> kJ	5%
Energy(Kcal)	<b>39</b> kcal	2%	<b>98</b> kcal	5%
Fat	<b>2.4</b> g	3%	<b>6</b> g	9%
<i>of which saturates</i>	<b>1.4</b> g	7%	<b>3.6</b> g	18%
Carbohydrate	<b>2.4</b> g	1%	<b>5.9</b> g	2%
<i>of which sugars</i>	<b>1.3</b> g	1%	<b>3.3</b> g	4%
Fibre	<b>1</b> g	4%	<b>2.5</b> g	10%
Protein	<b>1.6</b> g	3%	<b>3.9</b> g	8%
Salt	<b>0.38</b> g	6%	<b>0.94</b> g	16%

**CONTAINS:**

- MILK
- SOYA

**MAY CONTAIN:**

- FISH
- CRUSTACEANS
- SULPHITES
- LUPIN

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 2% RI	Saturated Fat <b>7% RI</b>	Vitamin A (ret eq) 3% RI
Energy(Kj) 2% RI	Monounsaturated fat 0% RI	Retinol
<b>41kcal</b>	<i>cis-Mono</i>	Carotene
<b>169kJ</b>	Polyunsaturated fat 0% RI	Vitamin D
<b>Macronutrients</b>	<i>Omega3(n-3)</i>	Vitamin E 0% RI
Carbohydrate 1% RI	<i>Omega6(n-6)</i>	Vitamin K 1 9% RI
Protein 3% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 5% RI
Fat 3% RI	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 2% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> )
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 2% RI
Alcohol (0% ABV)	Sodium <b>6% RI</b>	Tryptophan
<b>Carbohydrate</b>	Potassium 2% RI	Pantothenic Acid (B <sub>5</sub> ) 2% RI
Starch	Chloride 24% RI	Vitamin B <sub>6</sub> 2% RI
Oligosaccharide	Calcium 1% RI	Folates (B <sub>9</sub> ) Total 6% RI
Fibre 4% RI	Phosphorus 3% RI	Vitamin B <sub>12</sub>
NSP	Magnesium 2% RI	Biotin (B <sub>7</sub> )
Sugars <b>1% RI</b>	Iron 2% RI	Vitamin C 5% RI
Glucose	Zinc 2% RI	<b>Other</b>
Galactose	Copper 4% RI	GI (estimated)
Fructose	Manganese 4% RI	GL
Sucrose	Selenium 1% RI	
Maltose	Iodine	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
BACON E&M	6g	
Fennel, bulb, raw	4g	0 cup, sliced
Onions, raw	10g	1 tbsp chopped
Peas, green, frozen, unprepared	50g	0.4 cup
VEGETABLE BOULLION - CALNORT - JCL	1g	
Beverages, water, tap, drinking	198g	0.8 serving 8 fl oz
SALTED BUTTER DE LA TOUR	6g	

## Portions / Pack Sizes ...

