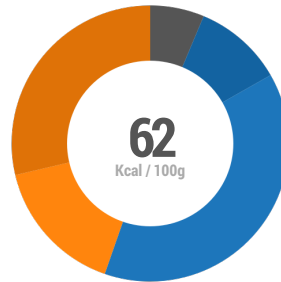


SOUP-08 CREAM OF LEEK AND POTATO 520G

By CHANTAL GIORDMAINA

Overview ...

U / 3999697



WEIGHT:

49% Carbs

6.3% Protein

44.7% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 520G SERVING	%RI
Energy(Kj)	256 ^{kJ}	3%	1332 ^{kJ}	16%
Energy(Kcal)	61 ^{kcal}	3%	319 ^{kcal}	16%
Fat	3.1 ^g	4%	16 ^g	23%
of which saturates	2 ^g	10%	10 ^g	50%
Carbohydrate	6.9 ^g	3%	36 ^g	14%
of which sugars	1.6 ^g	2%	8.4 ^g	9%
Fibre	1.1 ^g	4%	5.9 ^g	24%
Protein	1 ^g	2%	5.1 ^g	10%
Salt	0.91 ^g	15%	4.7 ^g	78%

CONTAINS:

MILK SOYA

MAY CONTAIN:

FISH CRUSTACEANS LUPIN


Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat 10% RI	Vitamin A (ret eq) 2% RI
Energy(Kj) 3% RI	Monounsaturated fat 0% RI	Retinol
Macronutrients	<i>cis-Mono</i>	Carotene
Carbohydrate 3% RI	Polyunsaturated fat 0% RI	Vitamin D
Protein 2% RI	<i>Omega3(n-3)</i>	Vitamin E 2% RI
Fat 4% RI	<i>Omega6(n-6)</i>	Vitamin K 1 15% RI
Water	<i>cis-Poly</i>	Thiamin (B ₁) 3% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 1% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃)
Carbohydrate	Minerals & trace elements	Niacin 2% RI
Starch	Sodium 15% RI	Tryptophan
Oligosaccharide	Potassium 8% RI	Pantothenic Acid (B ₅) 2% RI
Fibre 5% RI	Chloride 67% RI	Vitamin B ₆ 8% RI
NSP	Calcium 2% RI	Folates (B ₉) Total 9% RI
Sugars 2% RI	Phosphorus 4% RI	Vitamin B ₁₂
Glucose	Magnesium 3% RI	Biotin (B ₇)
Galactose	Iron 4% RI	Vitamin C 7% RI
Fructose	Zinc 1% RI	Other
Sucrose	Copper 6% RI	GI (estimated)
Maltose	Manganese 7% RI	GL
Lactose	Selenium 1% RI	
	Iodine	

Recipe Ingredients ...	Quantity:	Description:
Onions, raw	27g	2.7 tbsp chopped
Fennel, bulb, raw	13g	0.1 cup, sliced
Potatoes, white, flesh and skin, raw	131g	1 small white/red 4-5cm diameter
Leeks, (bulb and lower leaf-portion), raw	104g	
Beverages, water, tap, drinking	312g	1.3 serving 8 fl oz
VEGETABLE BOULLION - CALNORT - JCL	8.3g	
KEN CREAM UHT 35%	13g	
SALTED BUTTER DE LA TOUR	13g	

Portions / Pack Sizes ...

1 Serving



520g / 317kcal