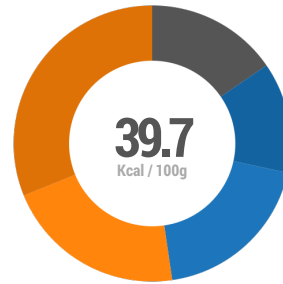


# SOUP-12 PEA & BACON SOUP 520G

By CHANTAL GIORDMAINA

Overview ...

U / 3999761



WEIGHT:

**32.3% Carbs**

**15.4% Protein**

**52.3% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 520G SERVING	%RI
Energy(Kj)	159 <sup>kJ</sup>	2%	828 <sup>kJ</sup>	10%
Energy(Kcal)	38 <sup>kcal</sup>	2%	199 <sup>kcal</sup>	10%
Fat	2.3 <sup>g</sup>	3%	12 <sup>g</sup>	17%
of which saturates	1.4 <sup>g</sup>	7%	7.1 <sup>g</sup>	36%
Carbohydrate	2.3 <sup>g</sup>	1%	12 <sup>g</sup>	5%
of which sugars	1.3 <sup>g</sup>	1%	6.7 <sup>g</sup>	7%
Fibre	1 <sup>g</sup>	4%	5.2 <sup>g</sup>	21%
Protein	1.5 <sup>g</sup>	3%	8 <sup>g</sup>	16%
Salt	0.36 <sup>g</sup>	6%	1.9 <sup>g</sup>	32%

**CONTAINS:**

- MILK
- SOYA

**MAY CONTAIN:**

- FISH
- CRUSTACEANS
- SULPHITES
- LUPIN

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 2% RI	Saturated Fat 7% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 2% RI	Monounsaturated fat 0% RI	Retinol
<b>Macronutrients</b>	cis-Mono	Carotene
Carbohydrate 1% RI	Polyunsaturated fat 0% RI	Vitamin D
Protein 3% RI	Omega3(n-3)	Vitamin E 0% RI
Fat 3% RI	Omega6(n-6)	Vitamin K 1 9% RI
Water	cis-Poly	Thiamin (B <sub>1</sub> ) 5% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 2% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B <sub>3</sub> )
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin 2% RI
Starch	Sodium 6% RI	Tryptophan
Oligosaccharide	Potassium 2% RI	Pantothenic Acid (B <sub>5</sub> ) 2% RI
Fibre 4% RI	Chloride 23% RI	Vitamin B <sub>6</sub> 2% RI
NSP	Calcium 1% RI	Folates (B <sub>9</sub> ) Total 6% RI
Sugars 1% RI	Phosphorus 3% RI	Vitamin B <sub>12</sub>
Glucose	Magnesium 2% RI	Biotin (B <sub>7</sub> )
Galactose	Iron 2% RI	Vitamin C 5% RI
Fructose	Zinc 2% RI	<b>Other</b>
Sucrose	Copper 4% RI	GI (estimated)
Maltose	Manganese 4% RI	GL
Lactose	Selenium 1% RI	
	Iodine	

Recipe Ingredients ...	Quantity:	Description:
BACON E&M	12g	
Fennel, bulb, raw	8g	0.1 cup, sliced
Onions, raw	21g	2.1 tbsp chopped
Peas, green, frozen, unprepared	103g	0.8 cup
VEGETABLE BOULLION - CALNORT - JCL	2g	
Beverages, water, tap, drinking	413g	1.7 serving 8 fl oz
SALTED BUTTER DE LA TOUR	12g	

## Portions / Pack Sizes ...

