



## 204778C Chunky Vegetable & Red Lentil Soup (Redemp



**Pack Size:** 2 X 2.4KG

**Details:** Cooked with fresh ingredients and frozen.  
A hearty wholesome blend of smooth lentils and chunky potatoes, carrots, tomatoes and green beans.

### Allergen Information

**Contains:**

Celery

**Free from:**

Cereal, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Thoroughly defrost in a refrigerator before use. Contents may separate: stir well before use. Serve Hot. Hob: (4- 5 mins per 400g serving). Remove contents from packaging. Place into a saucepan. Heat until piping hot. Stir occasionally; do not boil. Microwave: 800W 2 ½ mins; 900W 2 mins. (Based on portion size of 400g). Remove

**Storage Instructions:**

Store frozen at minus 18 C or colder. Once defrosted, keep chilled (0C to +5C) use within 14 days. Once opened keep chilled (0C to +5C) use within 3 days and by date shown on label.

### Product Ingredients

**Product Ingredients:**

Water, Split Red Lentils (8%), Carrots (7%), Onions (7%), Potato (7%), Swede (7%), Green Beans (7%), Tomato, Vegetable Stock [(Water, Onion, Carrot Extract, Tomato, Celeriac (**CELERY**), Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil], Maize Starch, Ground Black Pepper.

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

28 kcal / 118 kJ

**Fat:**

0.2 g

**of which saturates:**

0 g

**Carbohydrates:**

5 g

**of which sugars:**

1.6 g

**Fibre:**

1.1 g

**Protein:**

1.1 g

**Salt:**

0.5 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.