



## 205469C Parsnip, Carrot & Cumin Soup (Redemption)



**Pack Size:** 2 X 2.4KG

**Details:** Cooked with fresh ingredients and frozen, spiced parsnip, carrot and cumin soup with fresh cream and honey.

A sweet root veg flavour with an earthy spiced notes.

### Allergen Information

**Contains:**

Celery, Eggs, Milk

**Free from:**

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

**Suitable for:**

Coeliacs, Vegetarians

### Handling Information

**Directions For Use:**

Thoroughly defrost in a refrigerator (0C to +5C) 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).

**Storage Instructions:**

Keep frozen at minus 18C or colder. Once defrosted, keep chilled (0C to +5C) and 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, Carrots (19%), Parsnip (14%), Onion, **CELERY**, Pasteurised Whipping Cream (4%) (**MILK**), Honey (2%), Soup Stock [Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Celeriac (**CELERY**), Herb), Flavouring (contains EGG), Glucose Syrup, Salt, Yeast Extracts, Rapeseed Oil, Maltodextrin, Sugar], Maize Starch, Cumin

### Nutritional Information

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

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

**Energy:**

47 kcal / 197 kJ

**Fat:**

2.1 g

**of which saturates:**

1 g

**Carbohydrates:**

5.6 g

**of which sugars:**

3.7 g

**Fibre:**

1.5 g

**Protein:**

0.8 g

**Salt:**

0.6 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.