



206130C Sri Lankan Vegetable Soup (Redemption)



Pack Size: 2 X 2.4KG

Details: Cooked with fresh ingredients and frozen. Sri Lankan inspired vegetable curry soup with spiced tomato, vegetables and lentils.

Allergen Information

Contains:

Celery

Free from:

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

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Thoroughly defrost in a refrigerator (0C to +5C) 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 contents from packaging. Place into a

Storage Instructions:

Keep frozen at minus 18C or colder. Once thawed, 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

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Water, Coconut Milk, Red Pepper (11%), Onion (8%), Sweet Potato (8%), Chopped Tomato (8%), Split Red Lentils, Concentrated Lime Juice, Vegetable Stock [Vegetable Stock (Water, Onion, Carrot Extract, Tomato Celeriac (**CELERY**), Herbs, Garlic, Spice) Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil],

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

109 kcal / 453 kJ

Fat:

6.1 g

of which saturates:

3.8 g

Carbohydrates:

9.7 g

of which sugars:

3.2 g

Fibre:

1.6 g

Protein:

3 g

Salt:

0.45 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.