



206698C Carrot, Lentil & Coconut Soup (Redemption)



Pack Size: 2 X 2.4KG

Details: Cooked with fresh ingredients and frozen.
Sweet carrot, lentil and coconut soup with the tangy and spicy notes of orange, ginger, garlic and chilli.
Suitable for vegans.

Allergen Information

Free from:

Cereal, Celery, 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 before use. Contents may separate: stir well before use. Serve hot. Hob: (4- 5 mins per 400g serving). Remove contents from packaging. Place in 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 18C 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

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Water, Carrots (27%), Onions, Red Split Lentils (4%), Coconut Milk (2.5%), Leeks, Orange Zest, Ginger Puree, Natural Vegetable Stock [Dried Glucose Syrup, Salt, Yeast Extracts, Onion Powder, Carrot Powder, Tomato Powder, Sunflower Oil, Natural Flavouring], Garlic Puree, Chopped Coriander, Rapeseed Oil, Cumin Seeds, Salt,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

42 kcal / 174 kJ

Fat:

1.3 g

of which saturates:

0.5 g

Carbohydrates:

5 g

of which sugars:

1.7 g

Fibre:

1.4 g

Protein:

1.9 g

Salt:

0.3 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.