

GOURMET TOMATO SOUP

Nutritional Information Serving Size: 32 g, Servings per Carton: 21

	Per 100 g	Per Serving (32 g)
Energy	1378 kJ (326 kcal)	438 kJ (104 kcal)
Protein	22 g	7.0 g
Carbohydrate	47 g	15 g
of which: sugars	30 g	9.6 g
Fat	2.0 g	0.6 g
of which: saturated fat	0.9 g	0.3 g
Fibre	11.2 g	3.6 g
of which: inulin	4.7 g	1.5 g
Sodium	1.6 g	0.5 g
Lycopene	18.75 mg	6.0 mg



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Ingredients:

Tomato powder (31.5 %, of which lycopene 0.06 %), whey powder, maltodextrin, whey protein concentrate, yoghurt powder, inulin (5.2 %), stabiliser (modified starch), pea protein, vegetable protein hydrolysate (containing soya), dried egg white powder, salt, flavourings, thickener (guar gum), emulsifier (soya lecithin), beetroot juice powder, dried oregano (0.5 %), acidity regulator (dipotassium phosphate), vegetable oil, natural onion flavouring, natural black pepper flavouring. **CONTAINS EGG, SOYA AND MILK. MAY CONTAIN TRACES OF CELERY.**

For up to date ingredient & nutritional values please refer to the label on the product.

Weight Management

Gourmet Tomato Soup is a savoury and nutritious instant snack with Mediterranean herbs for a delicious flavour. Approximately 104 calories per serving, it's a great guilt free snack.

KEY BENEFITS

- 104 kcal per serving, ideal for those managing their calorie intake.
- High in protein (7g), to help you build lean muscle mass.
- High in fibre (3.2g), to help towards your daily fibre intake.
- Ideal as part of your healthy 5 small meal plan
- 8 times the protein of regular tomato soup*

*The composition of foods; Foods Standards Agency and The Institute of Food Research in the UK, 2006.

HOW CAN IT HELP YOU?

Gourmet Tomato Soup is a great savoury snacking alternative. Whether it is something warm and tasty between meals, or as an appetiser or even for those late night snack attacks. Keep it healthy and tasty without piling on the calories.

USAGE

Mix 2½ tablespoons (32g) with 200ml of hot or cold water. When using the Herbalife spoon, use 2 large and 2 small levelled scoops.

ALSO TRY

Delicious high protein healthy snack with approx 140 calories. Each bar provides almost 10g protein. An ideal snack when you're on the go.



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