

THAI PUMPKIN SOUP

400 g

Ingredients: Pumpkin, Water, Onion, Coconut Cream (fresh coconut cream, stabilizers(xanthan gum E415, guar gum E412, carrageenan E407), Olive Oil, Yellow Curry Paste (garlic, lemongrass, salt, shallot, galangal, dried red chilli, coriander seed, kaffir lime, spices), Iodised Salt, Ginger, Coriander, Garlic, Black Pepper.

May Contain: Gluten (Wheat), Peanuts, Sesame, Tree Nuts

NUTRITION INFORMATION

Servings per package: About 2

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	683 kJ 163 Cal	273 kJ 65 Cal
Protein	2.7 g	1.1 g
Fat, total	9.9 g	4.0 g
- saturated	6.6 g	2.6 g
Carbohydrate	14.6 g	5.8 g
- sugars	10.0 g	4.0 g
Dietary Fibre	2.6 g	1.0 g
Sodium	593 mg	237 mg

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