TOMATO & RED PEPPER INGREDIENTS:

Vegetable Blend (72%) (Tomato Powder, Red Pepper Powder, Carrot Powder, Potato Flakes, Onion Powder, Garlic Powder), Potato Starch, Yeast Extract, Smoked Paprika, Vegetable Fibre, Cumin, Natural Flavouring, Cayenne Pepper, Oregano.



NUTRITIONAL INFORMATION:

Typical Value	Per (100ml)	Per Portion (275ml)
Energy	115 kJ/ 27kcal	316 kJ/ 76kcal

SOUL MARKEN

Fat	0.2g	0.5g
(of which saturates)	Og	0.1g
Carbohydrates	6g	16g
(of which sugars)	2.4g	6.7g
Fibre	1.5g	4.2g
Protein	1.1g	3.2g

E TOMATO & PEPPER Soup







BEETROOT & COCONUT INGREDIENTS:

Beetroot & Coconut Base (60%) (Beetroot Powder, Coconut Milk Powder), Potato Starch, Yeast Extract, Onion Powder, Garlic Powder, Vegetable Fibre, Natural Flavouring, Turmeric, Salt, Ginger, Basil, Makrut Lime Leaf, Birdseye Chilli.



OUR 5 A DAY MADE WITH REAL VEG	Typical Value	Per (100ml)	Per Portion (275ml)
SACO O	Energy	150 kJ/ 36 kcal	412 kJ/ 99 kcal

SOUL KITCHEN

Fat	1.4g	4g
(of which saturates)	1.3g	3.6g
Carbohydrates	5g	14g
(of which sugars)	2.3g	6.5g
Fibre	1g	2.8g
Protein	1 α	74σ

BEEI KU & COCONUT Soup

Serving suggestion





SWEET POTATO & PUMPKIN INGREDIENTS:

Vegetable Blend (62%%) (Sweet Potato Powder, Pumpkin Powder, Potato Flakes, Carrot Powder, Onion Powder), Potato Starch, Spice Blend (8%) (Coriander, Turmeric, Cumin, Ginger, Fenugreek, Cardamom, Parsley, Chilli Powder, Black Pepper, Fennel), Coconut Milk Powder, Yeast Extract, Vegetable Fibre, Natural Flavouring, Salt.

NUTRITIONAL INFORMATION:

	Typical Value	Per (100ml)	Per Portion (275ml)	
OUR 5 A DAY MADE WITH REAL VEG				



Energy	IZZ KJ/ ZY KCAI	33/KJ/8UKCAI
Fat	0.4g	1.2g
(of which saturates)	0.3g	0.8g
Carbohydrates	6g	16g
(of which sugars)	1.8g	4.9g
Fibre	1.4g	3.8g

SWEET POTATO & POTATO

Serving suggestion



