



Organic Kitchen c/o  
Just Natural Health & Beauty  
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### Product

<b>Name</b>	Organic Hearty Vegetable Soup
<b>Description</b>	Perfect for a quick lunch or a comforting evening meal, our hearty vegetable soup is packed full of veg contributing to one of your five a day. Organic Kitchen soups are organic, gluten free, vegan and proudly British made.
<b>Code</b>	ORK145
<b>Barcode</b>	5055177501831
<b>Country of Origin*</b>	United Kingdom
<b>*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.</b>	

### Packaging

<b>Net Content</b>	400g
<b>Packaging Type*</b>	Steel tin ((FE 40) recyclable), with paper label ((PAP 22) recyclable)
<b>*Packaging type may vary from time to time and the type stated in this document is not guaranteed.</b>	

### Shelf Life

<b>Maximum Shelf Life</b>	18 Months
<b>Storage Conditions</b>	Store in a cool dry place.

<b>Ingredients</b>	Water, potato*(4%), carrot*(4%), leek*(2%), red split lentils*(2%), parsnip*(2%), <b>celery</b> *(2%), tapioca starch*, vegetable bouillon*(sea salt, maltodextrin*, rice flour*, vegetables*(7%)(onions*, carrots*, parsnip*), yeast extract, sunflower oil*, parsley*, turmeric*), onion*(0.4%, onion powder*(0.4%), sea salt, black pepper*. *Organic
<b>Allergens</b>	For allergens see ingredients in <b>Bold</b> .

### Nutritional Values per 100g

<b>Energy</b>	101KJ (24kcal)
<b>Fat</b>	0g
<b>Of Which Saturates</b>	0g
<b>Carbohydrates</b>	4.8g
<b>Of Which Sugars</b>	0.9g
<b>Fibre</b>	0.5g
<b>Protein</b>	0.9g
<b>Salt</b>	0.68g

<b>Certifications</b>	Organic, Vegan Society
<b>Serving Requirements</b>	<b>Hob:</b> Empty contents into a saucepan and heat gently for 3-5 minutes until steaming hot. <b>Microwave (800/900W):</b> Place the contents into a microwave safe dish. Microwave on full power for 3 minutes, stirring halfway through. <b>Enjoy:</b> Serve with toasted thick cut slices of sourdough bread and butter.