

Trio of Green Soup (GF) (V) MB3

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/trio-of-green-soup-gf-v-mb3/>

Description:

Looking to get more green veg in your diet? The trio of greens soup has 50% of your daily recommended serves of veggies in each bowl, from the goodness of fresh broccoli, spinach and green peas. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Gluten free Vegetarian Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition INGREDIENTS: Broccoli (33%), Ricotta Cheese (Whey, Milk, Salt, Food Acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein, Vegetable Stock, Olive Oil, Garlic, Cumin, Pepper, Pink Salt. Contains: Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin