

Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG) MP4

Canonical: <https://directory.befitfood.com.au/fresh-meals/prepared-soups/malaysian-spiced-pumpkin-chickpea-soup-gf-vg-mp4/>

Description:

This vegan soup is hearty, silky and packed with flavour. It is also protein-packed to keep you feeling satisfied for longer without compromising on your weight loss goals. Excellent source of dietary fibre
Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Vegan Gluten free Chilli rating: 2 Contains 4-12 different vegetables Contains no artificial colours and flavours
Heating & Storage Instructions Nutrition **INGREDIENTS:** Pumpkin (31%), Carrot, Chickpeas (11%), Coconut Milk (Coconut Cream, Xanthan Gum), Onion, Faba Bean Protein, Leek, Sweet Potato, Vegetable Stock, Lemongrass, Curry Powder, Garlic, Fresh Coriander, Olive Oil, Pink Salt, Kaffir Lime, Pepper, Chilli Powder. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Soybeans, Egg, Milk, Lupin