



Spiced Pea & Shallots Soup

500gms

Lucia's Spiced Pea & Shallot Soup with Coriander & Mint is a refreshing and flavourful blend that combines the sweetness of peas with the delicate taste of shallots. Enhanced with aromatic coriander and fresh mint, this soup offers a unique and vibrant flavour profile. Perfect for a quick, delicious meal, simply heat and serve to enjoy a bowl of fresh, high-quality ingredients.


Ingredients:

Vegetable stock, peas (39.5%), shallots (6%), tapioca starch, ginger, green chilli, vegetable oil, lemon juice, coriander, mint, garlic, salt, mustard seeds, cumin seeds, black pepper gluten free. Contains no artificial colours, flavours or preservatives.

Important:

Must be refrigerated after opening to maintain safety.

Nutrition Information		
Servings per package: 2, Serving size: 250 g		
	Avg. Quantity per serving	Avg. Quantity per 100g
Energy	638 KJ	255 KJ
Protein (Total)	7.2 g	2.9 g
Fat (Total)	3.1 g	1.2 g
-Saturated	0.2 g	0.1 g
Carbohydrate	18.6 g	7.4 g
-Sugars	8.7 g	3.5 g
Sodium	427 mg	171 mg
Gluten	Nil Detected	Nil Detected



Made in Australia from 90% Australian ingredients

