

Hearty Vegetable Soup

980kJ, 6g fat

Nutrients	Amount per serve
Energy	980.64kJ
Protein	15.72g
Total fat	5.66g
- saturated fat	1.25g
- polyunsaturated fat	1.13g
- monounsaturated fat	2.73g
Cholesterol	0.00mg
Carbohydrate	26.73g
Sugars	7.80g
Starch	17.07g
Fibre	8.11g
Thiamin	0.24mg
Riboflavin	0.25mg
Niacin	3.29mg
Vitamin C	44.93mg
Folate	96.10µg
Vitamin A equivalents	789.09µg
Sodium	17288.05mg
Potassium	931.66mg
Magnesium	59.33mg
Calcium	86.16mg
Phosphorus	231.86mg
Iron	3.83mg
Zinc	1.53mg