



NUTRITION VALUES FOR CAMPBELL'S COUNTRY LADLE SOUP: PER SERVE AND PER 100g SEPTEMBER 2011

This information is correct as of 16 September 2011, but we regularly review our formulations, please check the product label

	Per Serve									Per 100g							
	Serve Size g	Energy kJ	Protein g	Fat g	Sat Fat g	Carb g	Sugars g	Fibre mg	Sodium mg	Energy kJ	Protein g	Fat g	Sat Fat g	Carb g	Sugars g	Fibre mg	Sodium mg
Country Ladle - 290g & 300g																	
Butternut Pumpkin 300g	300	477	4.1	3.3	2.1	15.2	10.5	3.0	871	159	1.4	1.1	0.7	5.1	3.5	1.0	290
Chicken & Sweet Corn 300g	300	596	7.0	2.0	0.6	22.0	6.0	3.4	885	199	2.3	0.7	0.2	7.3	2.0	1.1	295
Creamy Chicken 300g	250	546	6.5	5.5	1.6	12.7	1.8	2.1	740	218	2.6	2.2	0.6	5.1	0.7	0.8	296
Minestrone 290g	290	461	5.7	0.6	0.1	17.9	5.9	4.5	842	159	2.0	0.2	0.1	6.2	2.0	1.5	290
Pea & Ham 295g	250	651	11.6	2.3	0.4	18.5	4.8	7.0	736	260	4.6	0.9	0.1	7.4	1.9	2.8	294
Country Ladle - 495g, 500g & 505g																	
Beef & Vegetable 500g	250	413	6.0	2.3	0.7	11.6	3.2	3.7	739	165	2.4	0.9	0.3	4.7	1.3	1.5	296
Butternut Pumpkin 505g	250	398	3.4	2.8	1.7	12.8	8.7	2.4	726	159	1.4	1.1	0.7	5.1	3.5	0.9	290
Chicken & Mushroom with Wholegrain Brown Rice 500g	250	554	4.4	6.6	1.3	12.9	0.6	2.1	725	222	1.8	2.6	0.5	5.2	0.3	0.8	290
Chicken & Pasta 500g	250	423	6.1	2.0	0.1	11.9	1.7	5.3	743	169	2.4	0.8	0.1	4.8	0.7	2.1	297
Chicken & Sweet Corn 505g	250	477	6.0	1.7	0.5	17.1	5.0	2.6	736	191	2.4	0.7	0.2	6.9	2.0	1.0	294
Chicken & Vegetable with Wholegrain Pasta 500g	250	343	5.6	2.3	0.1	8.5	1.5	2.5	722	137	2.2	0.9	0.1	3.4	0.6	1.0	289
Chicken Noodle 500g	250	512	9.1	2.1	0.6	15.6	3.4	1.8	666	205	3.6	0.8	0.2	6.2	1.4	0.7	267
Creamy Chicken 500g	250	524	6.4	5.5	1.6	11.5	1.8	2.1	738	210	2.6	2.2	0.6	4.6	0.7	0.8	295
Creamy Tomato (only sold in NZ) 505g	250	582	2.8	6.4	3.6	16.1	6.1	2.7	740	233	1.1	2.6	1.4	6.5	2.5	1.1	296
Farmhouse Vegetable 495g	250	356	4.5	0.4	0.1	13.5	4.1	4.1	727	143	1.8	0.2	0.1	5.4	1.6	1.6	291

Garden Vegetable with Wholegrain Barley 500g	250	332	3.3	0.6	0.1	13.2	4.3	3.9	736	133	1.3	0.2	0.1	5.3	1.7	1.6	294
Hearty Vegetable with Wholegrain Pasta 500g	250	335	4.4	0.4	0.1	12.9	4.4	3.4	724	134	1.7	0.2	0.1	5.1	1.8	1.3	290
Minestrone 495g	250	400	4.9	0.6	0.1	15.4	5.1	4.0	726	160	2.0	0.2	0.1	6.2	2.0	1.6	290
Minestrone with Wholegrain Pasta 500g	250	401	5.1	0.5	0.1	15.3	5.1	4.3	594	160	2.0	0.2	0.1	6.1	2.0	1.7	237
Pea & Ham 500g	250	651	11.6	2.3	0.4	18.5	4.8	7.0	736	260	4.6	0.9	0.1	7.4	1.9	2.8	294
Potato & Leek 505g	250	723	5.3	7.2	1.9	20.4	3.6	2.6	737	289	2.1	2.9	0.8	8.2	1.4	1.0	295
Potato & Sweet Corn Chowder 505g	250	690	4.6	5.9	1.5	21.8	4.2	3.0	573	276	1.8	2.3	0.6	8.7	1.7	1.2	229
Rich & Creamy Pumpkin 500g	250	500	2.9	4.1	1.6	16.5	11.6	2.1	606	200	1.2	1.7	0.7	6.6	4.6	0.8	242
Roast Chicken & Winter Vegetable 505g	250	602	5.7	4.3	1.7	19.1	4.7	2.8	613	241	2.3	1.7	0.7	7.7	1.9	1.1	245
Spring Lamb & Vegetable 500g	250	358	4.3	2.3	1.3	10.7	2.7	2.4	739	143	1.7	0.9	0.5	4.3	1.1	1.0	296
Country Ladle - Microwave																	
Butternut Pumpkin 430g	430	685	5.3	4.4	2.7	23.6	13.5	3.7	1233	159	1.2	1.0	0.6	5.5	3.1	0.9	287
Chicken and Sweet Corn 430g	430	816	10.0	2.9	0.9	29.5	8.6	4.5	1282	190	2.3	0.7	0.2	6.9	2.0	1.0	298
Lunch Specials: Creamy Pumpkin with Chives 430g	430	840	6.0	7.3	3.3	25.4	16.3	4.4	866	195	1.4	1.7	0.8	5.9	3.8	1.0	201
Lunch Specials: Spring Vegetable & Chicken	430	586	10.3	2.2	0.6	16.9	7.0	5.3	1226	136	2.4	0.5	0.1	3.9	1.6	1.2	285
Lunch Specials: Vine Ripened Tomato with Parmesan & Herbs 430g	430	950	5.2	5.0	3.2	37.8	20.4	4.3	1000	221	1.2	1.2	0.7	8.8	4.7	1.0	233
Lunch Specials: Winter Vegetable Medley 430g	430	969	5.8	4.3	2.7	39.1	11.1	5.5	864	225	1.3	1.0	0.6	9.1	2.6	1.3	201
Minestrone 430g	430	688	8.5	1.0	0.2	26.6	8.8	7.0	1249	160	2.0	0.2	0.1	6.2	2.0	1.6	290