


NUTRITION VALUES FOR CAMPBELL'S SIMPLY SOUP: AVERAGE VALUES PER 100g AND PER SERVE. © DECEMBER 2017

This information is correct as of 1 December 2017. We regularly review our formulations, so please always check the product label.

										Per serve								
	HEALTH STAR RATING	Energy	Protein	Fat	Sat Fat	Carb	Sugars	Fibre	Sodium	Size	Energy	Protein	Fat	Sat Fat	Carb	Sugars	Fibre	Sodium
		kJ	g	g	g	g	g	g	g	mg	g	kJ	g	g	g	g	g	g
Simply Soup - 500g																		
Creamy Mushroom 500g	3	262	0.8	4.4	3.0	4.9	1.3	0.4	298	250	655	1.9	11.0	7.6	12.2	3.2	0.9	745
Winter Vegetables with Quinoa 500g	4	237	1.3	1.1	0.7	9.3	3.7	1.7	245	250	592	3.3	2.8	1.6	23.3	9.2	4.4	612
Butternut Pumpkin 500g	3.5	195	1.6	1.2	0.6	6.8	3.6	1.1	274	250	489	4.0	2.9	1.5	17.1	9.0	2.8	685
Healthy Greens with Kale & Broccoli 500g	4	190	2.1	0.6	0.1	7.0	2.4	1.8	246	250	476	5.3	1.4	0.1	17.4	6.1	4.6	615
Nourishing Red with Lentils 500g	4	174	1.4	0.8	0.1	6.2	3.3	1.7	260	250	435	3.6	2.1	0.2	15.5	8.2	4.2	650
Sweet Potato with Chick Peas 500g	4	239	1.3	0.9	0.1	9.8	3.6	1.8	260	250	596	3.4	2.3	0.2	24.6	9.0	4.6	650
Corn with Yellow Split Peas 500g	4	226	2.2	0.8	0.1	8.8	4.5	1.2	232	250	566	5.6	2.0	0.3	21.9	11.2	3.0	581