

KicStart VLCD – Creamy Chicken Flavoured Soup



NUTRITION INFORMATION

Servings per package: 1

Serving size: 55g per 200ml Hot Water

	Average Quantity per Serving	Average Quantity per 100g
Energy	850kJ (203Cal)	1545kJ (370Cal)
Protein	20.9g	38.0g
Fat - Total	5.2g	9.4g
- Saturated	0.8g	1.4g
- Trans	0.0g	0.1g
- Monounsaturated	1.3g	2.4g
- Polyunsaturated	3.0g	5.4g
- Omega-6 LA	2.8g	5.0g
- Omega-3 ALA	102mg	186mg
- Omega-3 EPA	5.2mg	9.5mg
- Omega-3 DHA	22.3mg	40.6mg
Carbohydrate	16.7g	30.3g
- Sugars	11.1g	20.2g
Dietary Fibre	3.0g	5.5g
Sodium	729mg	1325mg
Potassium	979mg	1780mg
Thiamine (B1)	0.55mg (50%RDI)	1.0mg
Riboflavin (B2)	0.85mg (50%RDI)	1.5mg
Niacin (B3)	5.0mg (50%RDI)	9.1mg
Vitamin C	20mg (50%RDI)	36.4mg
Vitamin D	5ug (50%RDI)	9.1ug
Vitamin E	5mg (50%RDI)	9.1mg
Vitamin B6	0.8mg (50%RDI)	1.5mg
Vitamin B12	1.0ug (50%RDI)	1.8ug
Pantothenate	0.8mg (17%ESADDI)	1.5mg
Biotin	5.0ug (17%ESADDI)	9.1ug
Folate	100ug (50%RDI)	182ug
Vitamin A	300ug (40%RDI)	545ug
Vitamin K	40ug (50%ESADDI)	72.7ug
Magnesium	160mg (50%RDI)	290mg
Calcium	400mg (50%RDI)	727mg
Phosphorus	360mg (36%RDI)	618mg
Iron	4.8mg (40%RDI)	8.7mg
Zinc	4.8mg (40%RDI)	8.7mg
Manganese	850ug (17%ESADDI)	1.5mg
Copper	0.5mg (17%ESADDI)	0.9mg
Selenium	9ug (13%RDI)	16.4ug
Iodine	75ug (50%RDI)	136ug
Chromium	34ug (17%ESADDI)	61.8ug
Molybdenum	42.5ug (17%ESADDI)	77.3ug

Ingredient Declaration

Skim Milk Powder, Hydrolysed Gelatin, Sunflower Oil Powder [Sunflower Oil, Glucose Syrup Solids, Milk Protein, Emulsifier (472c), Antioxidant (304, 306 (From Soy), Lecithin)], Soy Isolate, Soy Flour, Maltodextrin, Flavour (Contains Wheat), Inulin, Potassium Citrate, Minerals (Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenium Yeast, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate), Vegetable Gum (415), Garlic, Spice, Marine Oil (Contains Fish, Soy, Milk), Natural Flavour Enhancer (Contains Soy, Wheat), Herbs, Onion, Dextrose, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin, Vitamin D, Vitamin B12), Colour (102).