

**KicStart VLCD – Tomato & Roast Capsicum
Flavoured Soup**



NUTRITION INFORMATION

Servings per package: 1

Serving size: 58g per 200ml Hot Water

	Average Quantity per Serving	Average Quantity per 100g
Energy	865kJ (207Cal)	1492kJ (356Cal)
Protein	20.3g	34.9g
Fat - Total	4.6g	8.0g
- Saturated	3.5g	6.1g
- Trans	0.1g	0.2g
- Monounsaturated	0.2g	0.4g
- Polyunsaturated	0.6g	1.1g
- Omega-6 LA	447mg	770mg
- Omega-3 ALA	63.8mg	110mg
- Omega-3 EPA	5.1mg	8.9mg
- Omega-3 DHA	22.1mg	38.0mg
Carbohydrate	19.0g	32.8g
- Sugars	11.7g	20.2g
Dietary Fibre	3.2g	5.6g
Sodium	592mg	1020mg
Potassium	966mg	1665mg
Thiamine (B1)	0.55mg (50%RDI)	0.95mg
Riboflavin (B2)	0.85mg (50%RDI)	1.5mg
Niacin (B3)	5.0mg (50%RDI)	8.6mg
Vitamin C	20mg (50%RDI)	34.7mg
Vitamin D	5ug (50%RDI)	8.6ug
Vitamin E	5mg (50%RDI)	8.6mg
Vitamin B6	0.8mg (50%RDI)	1.4mg
Vitamin B12	1.0ug (50%RDI)	1.7ug
Pantothenate	0.8mg (17%ESADDI)	1.4mg
Biotin	5.0ug (17%ESADDI)	8.6ug
Folate	100ug (50%RDI)	172ug
Vitamin A	300ug (40%RDI)	517ug
Vitamin K	40ug (50%ESADDI)	69.0ug
Magnesium	160mg (50%RDI)	276mg
Calcium	400mg (50%RDI)	690mg
Phosphorus	353mg (35%RDI)	609mg
Iron	4.8mg (40%RDI)	8.3mg
Zinc	4.8mg (40%RDI)	8.3mg
Manganese	850ug (17%ESADDI)	1.5mg
Copper	0.5mg (17%ESADDI)	0.86mg
Selenium	9ug (13%RDI)	15.5ug
Iodine	75ug (50%RDI)	129ug
Chromium	34ug (17%ESADDI)	59.0ug
Molybdenum	42.5ug (17%ESADDI)	73.0ug

Ingredient Declaration

Hydrolysed Gelatin, Tomato Powder (16%) [Tomato, Anticaking Agent (551)], Beverage Whitener [Glucose Syrup Solids, Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481), Soy Lecithin, Anti-caking Agent (551), Flavour], Skim Milk Powder, Soy Isolate, Soy Flour, Fructose, Potassium Citrate, Minerals (Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenium Yeast, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate), Inulin, Flavours (Contains Wheat, Milk, Flavour Enhancers (621.627, 631)), Capsicum (3%), Salt, Vegetable Gum (415), Soy Lecithin, Herbs & Spices, Beetroot Powder, Marine Oil (Contains Fish, Soy, Milk), Onion, Dextrose, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin, Vitamin D, Vitamin B12).