

## Italian Style Tomato

Flavoured Soup



### Preparation

1. Add 200mL (or more) of cold water to shaker or blender.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.
4. Transfer to saucepan, heatproof mug or bowl and gently heat on stove top or microwave.

**Tip:** Add "Free Food" vegetables, herbs and spices as desired.

KicStart™ is 100% Australian Owned

58g net

Nutrition Information		Servings per package: 1	
Serving size: 58g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	860kJ (205Cal)	366kJ (88Cal)	
Protein	20.3g	8.6g	
Fat, Total	4.2g	1.8g	
- Saturated	2.2g	0.9g	
Carbohydrate	19.1g	8.1g	
- Sugars	11.7g	5.0g	
Dietary Fibre	4.5g	1.9g	
Sodium	452mg	193mg	
Potassium	502mg	214mg	
Magnesium	160mg (50%RDI)*	68mg	
Calcium	300mg (40%RDI)	128mg	
Phosphorus	300mg (30%RDI)	128mg	
Iron	4.8mg (40%RDI)	2.0mg	
Zinc	4.8mg (40%RDI)	2.0mg	
Manganese	0.85mg (17%ESADD)**	0.4mg	
Copper	0.5mg (17%ESADD)	0.2mg	
Selenium	17.5µg (25%RDI)	7.5µg	
Iodine	75µg (50%RDI)	32µg	
Chromium	34µg (17% ESADD)	15µg	
Molybdenum	42.5µg (17% ESADD)	18µg	
Vitamin A	300µg (40%RDI)	128µg	
Thiamin	0.55mg (50%RDI)	0.23mg	
Riboflavin	0.85mg (50%RDI)	0.36mg	
Niacin	5mg (50%RDI)	2mg	
Pantothenic Acid	0.8mg (17% ESADD)	0.3mg	
Vitamin B12	1.0µg (50%RDI)	0.4µg	
Vitamin C	20mg (50%RDI)	8.5mg	
Vitamin D	5µg (50%RDI)	2µg	
Vitamin E	5mg (50%RDI)	2mg	
Vitamin B6	0.8mg (50%RDI)	0.3mg	
Vitamin K	40µg (50% ESADD)	17µg	
Biotin	5µg (17% ESADD)	2µg	
Folic Acid	100µg (50%RDI)	43µg	

\*RDI = Recommended Dietary Intake  
\*\*ESADDI = Estimated Safe and Adequate Daily Dietary Intake

### Proudly Australian Owned & Operated Company



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### INGREDIENTS

Tomato Powder 37% (Tomato Powder, Anti-Caking Agent (551)), Hydrolysed Gelatin, Beverage Whitener (Glucose Syrup Solids, Hydrogenated Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481, Soy Lecithin), Anti-Caking Agent (551), Flavour, Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Soy Flour, Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Skim Milk Powder, Emulsifier (Soy Lecithin), Dried Red Pepper, Salt, Onion Powder, Flavour, Vegetable Gum (415), Ground Oregano, Parsley Flakes, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Pepper, Acidity Regulator (Malic Acid), Garlic Powder.  
**Contains Milk & Soy**

### STORE BELOW 25°C

FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.



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