

Nutritional Comparison of Soup Products; 2017

All values are per 100g, prepared as directed (unless otherwise indicated).

All information obtained from nutritional panels on product.



Canned Soup	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)
Amy's Kitchen Organic Chunky Tomato Soup	224	1.2	1.6	1.0	8.6	5.7	278
Amy's Kitchen Organic Lentil and Vegetable Soup	273	2.9	1.6	0.2	9.8	2.0	278
Amy's Kitchen Organic Split Pea Soup	185	2.9	0.2	0.0	7.8	1.6	273
Amy's Kitchen Organic Black Bean Veg Soup	240	2.4	0.6	0.0	10.6	2.9	253
Amy's Kitchen Organic Quinoa, Kale and Red Lentil Soup	249	1.7	2.5	0.4	7.8	1.7	318
Amy's Kitchen Organic Cream of Mushroom Soup	195	1.0	2.5	1.5	5	0.5	280
Campbell's By Manu Cajun Chicken & Rice Soup	125	1.8	0.2	0.1	4.8	1.1	274
Campbell's By Manu Pumpkin & Bacon Soup	221	1.7	1.4	0.5	7.8	3.4	248
Campbell's By Manu Beef Fillet & Barley Soup	187	2.5	0.4	0.2	7.0	0.9	299
Campbell's By Manu Classic French Onion Soup	106	1.0	0.1	0.0	4.7	2.2	270
Campbell's Café Chicken and Mushroom Soup	225	2.8	1.4	0.3	6.7	0.8	270
Campbell's Café Lamb and Vegetables Soup	243	3.2	1.1	0.4	7.8	1.3	293
Campbell's Café Outback Steak and Bacon Soup	253	3.7	1.5	0.6	7.4	1.6	288
Campbell's Chicken Noodle Condensed Soup	99	1.1	0.4	0.1	3.7	0.1	318
Campbell's Chunky Beef and Potato Soup	284	2.5	2.3	0.7	9.3	2.7	291
Campbell's Chunky Beef Soup	217	3.1	0.9	0.4	7.0	1.2	290
Campbell's Chunky Ham and Pea Soup	250	4.1	0.8	0.2	7.8	2.0	272
Campbell's Chunky Irish Stew Soup	241	2.7	2.1	0.5	6.3	1.1	290
Campbell's Chunky Potato and Bacon Soup	332	3.1	3.5	1.0	8.0	1.3	240
Campbell's Chunky Roast Chicken and Vegetable Soup	206	2.1	1.2	0.5	6.9	1.6	292
Campbell's Chunky Stock Pot Soup	178	2.7	0.5	0.2	6.2	1.4	308
Campbell's Country Ladle Butternut Pumpkin Soup	176	1.4	0.9	0.4	6.6	3.4	270
Campbell's Country Ladle Chicken and Sweet Corn Soup	182	2.2	0.4	0.1	7.0	2.8	293
Campbell's Country Ladle Chicken Noodle Soup	170	2.7	0.8	0.2	5.8	1.2	268
Campbell's Country Ladle Creamy Chicken Soup	216	1.9	2.3	0.5	5.0	0.8	286
Campbell's Country Ladle Farmhouse Vegetable Soup	142	1.5	0.2	<0.1	5.4	0.7	277
Campbell's Country Ladle Garden Vegetable with Wholegrain Barley Soup	146	1.3	0.2	<0.1	6.0	1.7	283
Campbell's Country Ladle Minestrone Soup	165	2.1	0.2	<0.1	6.3	2.1	280

Campbell's Country Ladle Pea and Ham Soup	231	4.5	0.7	0.2	6.4	1.9	284
Campbell's Country Ladle Potato and Leek Soup	269	1.6	2.6	0.5	7.7	1.1	258
Campbell's Country Ladle Rich and Creamy Pumpkin Soup	198	1.1	1.6	0.7	6.5	4.6	241
Campbell's Country Ladle Roast Chicken and Winter Vegetable Soup	226	2.1	1.3	0.6	7.7	1.9	244
Campbell's Cream of Asparagus Condensed Soup	203	1.5	2.4	1.1	5.1	2.5	296
Campbell's Cream of Celery Condensed Soup	223	1.6	3.1	1.0	4.6	1.7	283
Campbell's Cream of Chicken and Corn Condensed Soup	232	1.6	2.3	0.9	6.8	2.8	296
Campbell's Cream of Chicken Condensed Soup	201	1.5	2.4	0.9	5.0	1.6	331
Campbell's Cream of Mushroom Condensed Soup	180	1.4	2.2	0.8	4.3	1.4	296
Campbell's Cream of Pumpkin Condensed Soup	230	1.5	1.9	1.2	7.5	4.1	255
Campbell's Fully Loaded Angus Beef and Red Wine Soup	237	3.3	1.3	0.6	7.4	1.9	263
Campbell's Fully Loaded Beef Stroganoff Soup	273	3.8	2.3	0.7	7.0	0.7	297
Campbell's Fully Loaded Peppered Steak and Gravy Soup	239	3.6	1.7	0.9	6.2	0.7	287
Campbell's Fully Loaded Spicy Lamb Curry Soup	350	2.9	4.3	1.1	7.8	3.0	266
Campbell's Fully Loaded Texan BBQ Beef Steak Soup	309	4.4	1.5	0.6	9.3	3.1	248
Campbell's Minestrone Condensed Soup	152	1.3	0.3	0.1	6.3	2.4	296
Campbell's Rich Tomato Condensed Soup	165	0.9	<0.1	<0.1	8.2	6.3	298
Campbell's Split Pea and Ham Condensed Soup	232	3.3	0.2	<0.1	5.5	1.5	275
Campbell's Tomato Condensed Soup	131	0.5	0.1	<0.1	6.8	5.1	340
Campbell's Vegetable and Beef Condensed Soup	112	1.3	0.4	0.1	4.2	0.9	357
Campbell's' Fully Loaded Stockman's Lamb Casserole Soup	314	4.6	2.3	0.8	7.8	1.5	297
Coles Cream of Chicken Condensed Soup	207	1.9	2.3	0.9	5.7	2.4	330
Coles Cream of Mushroom Condensed Soup	193	2.0	1.9	0.8	7.0	2.0	260
Coles Cream of Pumpkin Condensed Soup	214	1.5	1.5	1.0	7.8	3.1	210
Coles Tomato Condensed Soup	136	0.8	0.1	0.0	7.0	4.2	270
Heinz Big and Chunky Peppered Steak	250	3.7	1.4	0.7	7.3	1.5	230
Heinz Big and Chunky Steak and Mushroom	235	3.0	1.0	1.0	6.6	1.3	0.7
Heinz Big and Chunky Chili Beef	320	4.7	1.7	0.6	8.9	3.2	290
Heinz Big and Chunky Beef Ravioli and Tomato	315	3.1	2.1	0.7	10.5	3.7	240
Heinz Big and Chunky Bacon Steak and Potato	190	2.7	0.8	0.3	6.3	2.0	200
Heinz Big and Chunky Beef Bolognaise	315	3.0	2.1	0.5	10.6	2.3	290
Heinz Big and Chunky Chicken and Corn	250	2.2	1.5	0.3	8.6	3.8	290

Heinz Big and Chunky Beef Stock Pot	210	3.1	0.6	0.2	7.3	1.4	275
Heinz Big Red Salt Reduced Tomato Condensed Soup	115	0.5	0.1	0.0	5.8	4.0	130
Heinz Big Red Tomato Condensed Soup	125	0.5	0.1	0.0	6.1	4.3	300
Heinz Classic Chicken and Sweet Corn Soup	245	2.0	2.3	1.2	7.0	1.4	295
Heinz Classic Country Chicken Soup	200	2.5	2.0	1.0	4.9	1.2	280
Heinz Classic Creamy Chicken and Mushroom Soup	250	1.6	3.0	1.5	6.6	1.1	285
Heinz Classic Creamy Pumpkin Soup	195	1.2	1.3	0.8	6.8	2.2	220
Heinz Classic Creamy Tomato Soup	215	0.7	2.2	1.3	6.7	3.9	360
Heinz Classic Hearty Vegetable Soup	155	1.6	0.2	0.0	6.4	1.9	235
Heinz Classic Italian Minestrone Soup	170	1.9	0.2	0.0	6.8	2.2	255
Heinz Classic Pea and Ham Soup	225	3.9	0.8	0.2	6.2	2.4	365
Heinz Classic Spiced Lentils and Tomato Soup	275	3.2	0.3	0.0	11.4	2.0	290
Heinz Classic Sweet Potato and Pumpkin Soup	205	0.8	0.9	0.5	8.7	4.3	120
Rosella Chicken and Vegetable Soup	179	2.3	<1.0	<1.0	7.6	1.2	300
Rosella Creamy Tomato and Herbs Soup	286	1.2	1.3	<0.1	12.8	8.4	290
Rosella Tomato Condensed Soup	140	0.5	0.3	0.1	7.2	4.4	197
Rosella Vine Ripened Tomato Soup	200	0.8	0.4	0.1	10.1	5.9	400
Rosella Chicken and Corn Soup	180	1.9	0.6	0.2	7.4	1.6	280
Rosella Cream of Tomato Soup	334	1.2	2.4	1.6	13.2	8.2	220
Rosella Tomato Minestrone Soup	232	2.0	0.2	0.1	11.2	2.2	220
Rosella Condensed Cream of Mushroom Soup	125	1.0	1.0	<1.0	4.3	1.1	295
Rosella Condensed Cream of Chicken Soup	137	1.2	1.1	<1.0	4.6	1.4	318
Woolworths Chunky Beef Stock pot	198	3.8	1.0	0.5	5.2	1.6	294
Woolworths Chunky Chicken and Veg	186	3.0	<1.0	<1.0	6.6	1.2	285
Woolworths Homestyle Chicken and Sweet corn	168	1.7	<1.0	<1.0	6.5	1.8	268
Woolworths Homestyle Sweet Potato and Pumpkin	182	0.8	<1.0	<1.0	7.6	5.1	293

Dried Soup	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)
Coles Chicken Noodle Flavoured Soup Mix	62	0.5	0.1	<0.1	2.7	0.2	275
Coles French Onion Flavoured Soup Mix	52	0.3	<0.1	<0.1	2.6	0.8	284
Continental Chicken Noodle Soup	72	0.7	0.1	<0.1	3.2	0.3	325
Continental Chicken Noodle Soup Salt Reduced	72	0.7	0.1	<0.1	3.2	0.3	160
Continental Cream of Chicken Soup	181	2.5	0.9	0.5	6.3	3.1	255
Continental Cup a Soup; Classic Chicken Noodle	77	0.6	0.2	<0.1	3.4	0.6	290
Continental Cup a Soup; Classic Cream of Mushroom	137	0.2	1.1	0.5	5.3	0.3	275
Continental Cup a Soup; Classic Hearty Beef	90	0.4	0.2	0.1	4.5	0.2	290
Continental Cup a Soup; Classic Spring Vegetable	94	0.2	0.1	0.1	5.2	0.4	290

Continental Cup a Soup; Classic Cream of Chicken	142	0.3	1.1	0.5	5.6	0.6	280
Continental Cup a Soup; Classic Tomato	134	0.2	0.5	0.2	6.6	3.4	290
Continental Cup a Soup; Croutons Creamy Chicken	243	0.5	2.2	1.1	8.7	0.8	285
Continental Cup a Soup; Croutons Creamy Chicken and Corn	230	0.4	1.5	0.7	9.8	1.3	290
Continental Cup a Soup; Croutons Creamy Mushroom	203	0.4	1.5	0.7	8.0	1.0	290
Continental Cup a Soup; Croutons Creamy Potato and Bacon	196	0.6	1.5	0.7	7.6	0.4	275
Continental Cup a Soup; Croutons Creamy Pumpkin	211	0.4	1.4	0.6	8.9	2.3	290
Continental Cup a Soup; Croutons Pepper Steak and Mushroom	192	0.6	1.5	0.8	7.6	1.1	290
Continental Cup a Soup; Hearty Dutch Curry and Rice	205	0.4	1.2	0.6	8.8	0.9	290
Continental Cup a Soup; Hearty Garden Vegetable	262	1.2	1.5	0.7	10.9	1.3	290
Continental Cup a Soup; Hearty Italian Minestrone	243	1.0	0.4	0.1	12.6	2.9	290
Continental Cup a Soup; Hearty Pea and Ham	192	1.0	1.1	0.4	7.6	0.9	290
Continental Cup a Soup; Hearty Roast Chicken	276	0.9	1.5	0.7	11.9	1.0	280
Continental Cup a Soup; Hearty Spanish Tomato	229	1.0	0.4	0.2	11.6	2.6	285
Continental Cup a Soup; Hearty Vegetable and Beef	223	1.0	0.4	0.2	11.2	1.1	290
Continental Cup a Soup; Lots-a-Noodles Beef	196	1.2	0.2	0.1	9.9	1.1	285
Continental Cup a Soup; Lots-a-Noodles Chicken	204	1.1	1.2	0.6	8.0	0.7	260
Continental Cup a Soup; Lots-a-Noodles Chinese Chicken and Corn	242	1.0	1.1	0.5	10.5	1.3	285
Continental Cup a Soup; Lots-a-Noodles Cream of Chicken	223	1.0	1.2	0.6	9.3	0.9	290
Continental Cup a Soup; Lots-a-Noodles Creamy Chicken and Mushroom	200	1.1	0.9	0.4	8.6	0.7	265
Continental Cup a Soup; Lots-a-Noodles Mild Chicken Curry	209	1.0	1.0	0.5	8.8	0.7	275
Continental Cup of Soup; Asian Laksa	247	1.2	1.6	0.8	9.4	0.9	290
Continental Cup of Soup; Asian Thai Red Curry	220	0.8	1.2	0.6	9.3	1.2	285
Continental Cup of Soup; Hot and Spicy Chicken Noodle	179	1.3	0.2	0.1	8.7	0.9	285
Continental Cup of Soup; Hot and Spicy Laksa	247	1.1	1.7	0.8	9.7	1.0	285
Continental Cup of Soup; Hot and Spicy Tom Yum	144	1.0	0.2	0.1	7.0	0.9	280

Continental Cup of Soup; Tasty Tomato	185	0.5	1.0	0.5	8.2	3.2	285
Continental Dutch Curry and Rice Soup	205	0.4	1.2	0.6	8.8	0.9	290
Continental French Onion Soup	53	0.3	<0.1	<0.1	2.8	0.5	320
Continental French Onion Soup Salt Reduced	52	0.3	<0.1	<0.1	2.8	0.5	170
Continental Sensations Creamy Cauliflower Soup with Aged Cheddar and Chives	168	1.0	1.5	0.9	5.5	1.5	290
Continental Sensations Potato and Leek Soup	185	0.6	1.7	1.1	6.4	1.2	290
Continental Sensations Pumpkin Soup with Sour Cream and Chives	188	0.6	1.4	0.8	7.3	2.8	290
Continental Sensations Roast Chicken Soup with Sour Cream and Spring Onion	180	0.7	1.9	1.2	5.7	0.7	290
Continental Sensations Vine-Ripened Tomato Soup	184	0.9	2.0	1.3	5.5	2.7	309
Continental Spring Vegetable Soup	46	0.2	0.1	<0.1	2.3	0.4	220
Country Cup Asian Tom Yum Soup	137	1.0	0.1	<0.1	6.9	1.5	313
Country Cup Chicken Noodle Soup	169	0.9	0.9	0.4	7.1	0.6	318
Country Cup Classic Minestrone Soup	194	1.1	0.6	0.3	8.9	1.6	324
Country Cup Cream of Chicken and Corn Soup with Croutons	203	0.4	1.5	0.7	8.2	1.1	260
Country Cup Cream of Pumpkin Soup with Croutons	178	0.5	1.6	0.8	6.5	1.6	341
Country Cup Dutch Curry with Quinoa Soup	147	0.5	0.8	0.3	6.5	0.6	200
Country Cup Pepper Steak and Mushroom Soup with Croutons	161	0.2	1.0	0.7	7.1	1.0	256
Country Cup Potato and Bacon Soup with Croutons	218	0.9	1.2	<1.0	9.3	1.2	275
Country Cup Roast Chicken and Vegetable Soup	185	1.2	0.8	0.4	7.8	0.8	320
Hansells All Natural Green Curry Soup with Konjac Noodles	200	0.9	2.4	1.5	6.0	3.6	333
Hansells All Natural Pho Soup with Konjac Noodles	53	0.8	0.2	0.0	2.0	0.9	214
Hansells All Natural Tom Yum Soup	108	0.7	1.1	0.2	3.3	1.1	353
Hansells All Natural Wonton Soup	69	1.2	0.4	0.1	1.8	1.1	444
LaZuppa Chicken and Vegetable Soup with Rice	95	1.6	<1.0	<1.0	2.58	<1.0	392
LaZuppa Lentil Soup	110	1.5	<1.0	<1.0	4.3	<1.0	430
LaZuppa South American Style Chicken and Corn Soup	100	1.6	<1.0	<1.0	3.0	<1.0	406
LaZuppa Vegetable and Bean Soup	272	<1.0	<1.0	<1.0	3.0	<1.0	429
LaZuppa Smoked BBQ Chicken Soup	89	2.6	<1.0	<1.0	1.9	<1.0	263
LaZuppa Tom Yum Soup	115	<1.0	<1.0	<1.0	4.3	3.4	897
McKenzie's Country Chicken Soup Mix *	1360	20.4	2.4	<1.0	48.3	3.2	1720
McKenzie's Italian Style Soup Mix*	1300	21.5	2.1	<1.0	40.2	2.2	3.2
McKenzie's Minestrone Soup Mix*	1330	19.3	2.8	<1.0	47.4	4.0	1650

McKenzie's Soup Mix*	1390	19.0	2.4	<1.0	49.9	3.1	<5.0
Woolworths Essentials Chicken Noodle Soup	70	0.6	0.1	<0.1	3.4	0.4	278
Woolworths Asian Laksa with Noodles	216	0.7	1.3	<1.0	9.2	0.9	288
Woolworths Chicken and Corn With Noodles	218	0.9	1.2	<1.0	9.3	1.2	275
Woolworths Cream of Chicken with Noodles	197	0.9	1.2	<1.0	8.1	0.8	287
Woolworths Cream of Chicken with Croutons	215	0.4	1.9	<1.0	8.1	1.0	279
Woolworths Mexican Style Chicken	192	0.4	1.0	<1.0	8.7	1.2	275
Woolworths Mushroom and Bacon with Croutons	214	0.4	1.8	<1.0	8.3	0.8	244
Woolworths Pea and Ham with Croutons	166	0.7	1.1	<1.0	6.7	1.2	289
Woolworths Potato and Bacon with Croutons	176	0.4	1.5	<1.0	6.7	0.6	290
Woolworths Pumpkin with Croutons	188	0.4	1.5	<1.0	7.4	2.2	270
Woolworths Roast Chicken with noodles	252	0.6	1.3	<1.0	11.4	1.2	267
Woolworths Sweet Potato, Carrot and Chilli	197	0.5	1.6	<1.0	7.6	1.1	230
Woolworths Chicken and Corn with Croutons	218	0.4	1.9	<1.0	8.3	1.3	289

Ready Made Soup	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)
Campbell's Gourmet Chicken and Mushroom	214	2.8	1.3	0.3	6.4	0.9	258
Campbell's Gourmet Angus Beef & Wine	193	2.3	0.6	0.3	6.4	0.9	249
Campbell's Gourmet Tomato, Spinach and Ricotta Ravioli	277	1.8	2.4	0.5	9.3	2.8	245
Campbell's Gourmet Pumpkin Spinach and Ricotta Ravioli	277	1.8	2.4	0.5	8.6	2.7	267
Campbell's Gourmet Moroccan & 10 Vegetables	267	2.8	1.0	0.3	9.5	3.2	274
Campbell's Gourmet Chinese Beef, Rice and Five Spices	193	1.6	0.7	0.2	7.7	2.7	257
Campbell's Chunky Roast Chicken and Vegetable Soup	198	2.3	1.0	0.4	6.8	1.6	293
Campbell's Country Ladle Butternut Pumpkin Soup	190	0.8	1.9	0.7	5.6	3.1	285
Campbell's Country Ladle Chicken and Sweet Corn	243	2.1	1.3	0.6	9.1	2.1	263
Campbell's Simply Soup Butternut Pumpkin	195	1.6	1.2	0.6	6.8	3.6	274
Campbell's Simply Soup Creamy Mushroom	262	0.8	4.4	3.1	4.8	1.3	297
Campbell's Simply Soup Rustic Tomato	217	1.2	0.9	0.6	9.1	5.3	243
Campbell's Simply Soup Winter Vegetable	203	1.0	1.1	0.7	8.1	3.6	245
Campbell's Country Ladle Italian Style Minestrone Soup	178	2.1	0.3	0.1	6.9	2.2	270
Coles Beef and Vegetable Soup	241	2.9	1.1	0.6	8.9	1.7	280
Coles Chicken and Corn Soup	218	2.0	2.0	1.1	6.2	2.5	277
Coles Creamy Pumpkin Soup	296	1.2	1.9	1.2	5.7	2.6	215
Coles Creamy Tomato Soup	203	0.8	1.4	0.9	7.6	5.2	213
Coles Lentils, Chorizo and Chia Soup	184	2.8	0.9	0.3	5.2	2.2	265

Coles Mexican Soup (black bean, corn and quinoa)	199	2.0	0.5	0.1	7.6	2.2	276
Coles Minestrone Soup	160	1.5	0.2	0.0	7.2	2.0	231
Coles Roasted Sweet Potato, Corn and Quinoa Soup	145	1.2	0.4	0.1	5.9	2.8	272
Coles Thai Pumpkin Soup	149	0.6	1.1	0.7	5.2	3.0	261
Coles Tomato, Roasted Capsicum Soup	180	0.9	0.2	0.1	8.8	5.7	282
Coles Vegetables, Beef and Pearl Barley Soup	252	3.4	0.7	0.3	9.1	1.8	238
Hansells All Natural Chicken and Corn Soup	266	2.2	2.5	1.3	8.2	1.4	310
Hansells All Natural Green Curry Soup with Konjac Noodles	309	1.1	4.3	2.7	7.8	2.5	257
Hansells All Natural Laksa Soup	264	1.7	5.3	3.7	3.3	1.4	343
Hansells All Natural Pho Soup with Konjac Noodles	101	2.3	0.4	0.2	3.0	0.8	370
Hansells All Natural Wonton Soup	130	1.6	2.0	0.2	1.6	0.0	390
Hansells All Natural Vegetable Tagine	208	0.6	1.9	0.3	7.5	3.1	290
Hansells All Natural Miso Soup	87	1.4	0.7	0.0	2.2	0.1	330
Heinz Soup for One Creamy Tomato	260	0.9	2.4	0.7	9.0	5.8	340
Heinz Soup of the Day; 7 Veg with Garden Herbs	190	1.1	0.6	0.3	8.2	2.4	230
Heinz Soup of the Day; Harvest Pumpkin and Mixed Vegetables	185	0.8	0.7	0.4	8.3	2.1	275
Heinz Soup of the Day; Mushroom	165	0.9	1.7	1.0	4.8	1.2	290
Heinz Soup of the Day; Old Fashioned Chicken	240	3.1	2.3	1.1	6.0	1.2	290
Heinz Soup of the Day; Spicy Pumpkin	215	1.0	1.3	0.9	8.6	2.9	285
Heinz Soup of the Day; Spicy Winter Vegetable	175	1.2	0.6	0.3	7.2	1.9	285
Heinz Soup of the Day; Thai Style Chicken with Chilli and Lime	280	2.5	2.7	1.6	7.7	2.1	285
Heinz Soup of the Day; Tomato, Vegetables and Lentil	170	1.5	0.2	0.0	7.6	3.0	290
LaZuppa Chicken Noodle Soup	100	1.5	0.4	0.1	3.5	0.0	292
LaZuppa Creamy Chicken and Vegetable Soup	146	2.2	0.8	0.2	4.8	0.2	345
LaZuppa Curry Laksa Soup	165	1.1	1.0	0.5	6.5	1.3	363
LaZuppa Hearty Chicken and Vegetable Soup	164	1.9	0.7	0.2	6.3	0.6	247
LaZuppa Italian Minestrone Soup	167	1.6	0.2	0.0	7.9	2.3	329
LaZuppa Kale, Quinoa and Vegetable Soup	145	1.9	<1.0	<1.0	4.5	1.1	257
LaZuppa Roasted Pumpkin Soup	113	0.8	0.0	0.0	6.0	2.2	242
LaZuppa Spiced Red Lentil	170	2.6	<1.0	<1.0	6.0	1.6	237
LaZuppa Spring Vegetable Soup and Wholegrain Rice	151	1.4	0.5	0.2	6.4	1.4	231
LaZuppa Thai Coconut Curry Soup	177	2.0	1.0	0.5	6.3	3.1	345
LaZuppa Tuscan Chicken and Vegetable Soup	155	2.8	0.9	0.2	4.4	0.5	257
McKenzie's From the Kitchen; Country Pumpkin and Lentil Soup	168	1.8	<1.0	<1.0	6.6	3.5	330

McKenzie's From the Kitchen; Heart Vegetable and Lentil Soup	155	1.3	1.0	<1.0	4.9	3.0	350
McKenzie's From the Kitchen; Rustic Vegetable and Quinoa Soup	155	1.0	<1.0	<1.0	6.8	3.5	148

Fresh Soup	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)
Coles Hearty Chicken and Corn Soup	226	3.1	1.9	0.5	5.7	2.0	310
Coles Hearty Chicken and Rice Soup	261	2.7	1.4	0.2	9.2	1.8	360
Coles Hearty Lamb and Barley Soup	194	2.0	1.4	0.4	5.8	1.2	280
Coles Hearty Minestrone Soup	203	1.9	1.2	0.3	6.8	1.9	285
Coles Hearty Pumpkin Soup	163	0.7	1.6	0.7	4.9	2.4	280
Macro Organic Chicken and Leek Soup	154	2.3	1.1	0.3	4.0	1.3	194
Macro Organic Creamy Spiced Pumpkin Soup	136	0.5	0.6	0.3	5.7	4.1	183
Macro Organic Spicy Capsicum and Tomato Soup	136	0.8	0.3	<0.1	5.9	4.7	153
Macro Organic Sweet Potato and Quinoa Soup	226	1.1	1.0	0.5	8.2	4.2	180
Macro Organic Vegetable and Lentil Soup	175	1.5	0.5	0.1	6.3	3.9	126
Pitango Free Range Chicken and Veg Soup	160	1.2	1.1	0.3	5.8	0.5	232
Pitango Organic Minestrone Soup	155	2.0	0.3	0.2	6.4	3.1	291
Pitango Organic Pumpkin and Ginger Soup	149	<.01	0.5	0.1	7.7	3.5	253
Pitango Organic Spring Lamb Soup	160	1.2	0.8	0.3	6.4	1.6	264
Pitango Mediterranean Tomato Soup	137	0.8	1.2	0.1	4.6	3.1	224
Pitango New York Free Range Chicken Noodle Soup	218	3.7	1.2	0.4	6.6	1.0	250
Pitango Spanish Chicken Paella Soup	156	1.6	0.6	0.2	6.3	1.6	278
Woolworths Created with Jamie; Cheeky Cauliflower Cheese Soup	306	4.1	4.6	2.9	3.9	2.1	247
Woolworths Created with Jamie; Smokin' Sweet Potato and Chorizo Soup	281	1.3	2.8	0.7	9.1	3.7	134
Woolworths Created with Jamie; Spiced Butternut Pumpkin and Chickpea Soup	371	3.2	5.0	0.7	5.7	2.6	253
Woolworths Chicken and Vegetable Soup	212	4.3	1.5	0.4	4.5	1.3	210
Woolworths Beef and Vegetable Soup	226	4.5	1.3	0.3	5.5	3.2	285
Woolworths Asian Style Chicken Soup	256	3.3	2.6	1.0	5.2	2.4	239
Woolworths Creamy Mushroom Soup	240	2.0	3.7	1.8	3.4	1.3	246
Woolworths Creamy Pumpkin Soup	329	1.0	4.1	2.7	8.7	3.1	188
Woolworths Minestrone Soup	191	1.0	1.1	0.1	7.0	3.6	235
Woolworths Red Thai Chicken Soup	278	2.6	3.6	2.8	5.8	1.9	221
Woolworths Malaysian Style Laksa	353	3.4	4.6	2.6	6.8	2.3	288
Woolworths Sweet Potato and Pumpkin Soup	181	0.2	0.7	0.1	8.3	3.6	210

* Based on dry, uncooked product, subject to variation due to seasonal conditions and varietal types.

*List compiled by Stacey Beech and Zoe Lucock
Updated by Talia Woodward*