

Asian Beef

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

55g net

Nutrition Information		Servings per package: 1	
Serving size: 55g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	852kJ (203Cal)	366kJ (88Cal)	
Protein	21.8g	9.4g	
Fat, Total	5.1g	2.2g	
- Saturated	0.7g	0.3g	
Carbohydrate	15.6g	6.7g	
- Sugars	4.3g	1.8g	
Dietary Fibre	4.0g	1.7g	
Sodium	577mg	248mg	
Potassium	503mg	216mg	
Magnesium	160mg (50%RDI)*	69mg	
Calcium	400mg (50%RDI)	172mg	
Phosphorus	300mg (30%RDI)	129mg	
Iron	4.8mg (40%RDI)	2.1mg	
Zinc	4.8mg (40%RDI)	2.1mg	
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)	129µg	
Thiamin	0.55mg (50%RDI)	0.24mg	
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)	8.6mg	
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

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INGREDIENTS

Hydrolysed Collagen, Maltodextrin, Sunflower Oil Powder [Sunflower Oil, Glucose Syrup Solids, Milk Protein, Emulsifier (472c), Antioxidant (300, 304, 306 (Soy), 322, 472c)], Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Dietary Fibre (Polydextrose, Inulin), Flavour (Soy), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Sugar, Black Bean Powder (Soy), Vegetable Gum (415), Dried Onion, Dried Red Pepper, Colour (150c), Ground Ginger, Onion Powder, Garlic Powder, Chive Flakes, Ground Pepper, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).
Contains Milk & Soy

STORE BELOW 25°C

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

