

Creamy Chicken

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.
Consume Immediately

As used in the
Healthy Weight For Life Programs
HealthyWeightForLife.com.au

55g net

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 55g per 200mL hot water		
	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)
Energy	850kJ (203Cal)	365kJ (87Cal)
Protein	20.3g	8.7g
Fat, Total	4.2g	1.8g
- Saturated	0.9g	0.4g
Carbohydrate	17.8g	7.6g
- Sugars	11.8g	5.1g
Dietary Fibre	4.6g	2.0g
Sodium	709mg	304mg
Potassium	519mg	223mg
Magnesium	160mg (50%RDI)*	69mg
Calcium	370mg (46%RDI)	158mg
Phosphorus	350mg (35%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	5.0mg (50%RDI)	2.0mg
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	5.0µg (50%RDI)	2.0µg
Vitamin E	5.0mg (50%RDI)	2.0mg
Vitamin B6	0.8mg (50%RDI)	0.3mg
Vitamin K	40µg (50%ESADD)	17µg
Biotin	5.0µg (17%ESADD)	2.0µg
Folate	100µg (50%RDI)	43µg

*RDI = Recommended Dietary Intake

**ESADDI = Estimated Safe and Adequate Daily Dietary Intake



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INGREDIENT

MIK Solids (Skim MIK Powder, Whole MIK Powder (Soy)), Hydrolysed Gelatin, Dietary Fibre (Polydextrose, Inulin), Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Sunflower Oil Powder (Sunflower Oil, Glucose Syrup Solids, MIK Protein, Emulsifier (472c), Antioxidant (300, 304, 306 (Soy), 322, 472c)), Maltodextrin, Flavour (Wheat), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Vegetable Gum (415), Garlic Powder, Natural Flavour Enhancer (Soy), Dried Onion, Onion Powder, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Ground Thyme, Ground White Pepper, Dried Parsley, Chive Flakes, Natural Colour (Turmeric).
Contains MIK & Soy, Wheat, Gluten.

STORE BELOW 25°C

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

