

Apple and Celeriac Soup

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

67.6% Carbs

11.8% Protein

20.6% Fat

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 403G SERVING	%RI	
Energy(Kj)	106 kJ	1%	429 kJ	5%	CONTAINS:
Energy(Kcal)	25 kcal	1%	102 kcal	5%	 CELERY
Fat	0 g	0%	2 g	3%	MAY CONTAIN:
of which saturates	0 g	0%	0.2 g	1%	 WHEAT
Carbohydrate	4 g	2%	16 g	6%	
of which sugars	3.4 g	4%	14 g	16%	
Fibre	1.2 g	5%	4.9 g	20%	
Protein	0.7 g	1%	2.7 g	5%	
Salt	0.55 g	9%	2.2 g	37%	

Energy		Lipid Components		Vitamins	
Energy(Kcal) 1% RI	21.8kcal	Saturated Fat 0% RI	0.04g	Vitamin A (ret eq) 0% RI	1.2ug
Energy(Kj) 1% RI	92kJ	Monounsaturated fat 0% RI	0.08g	Retinol	0ug
Macronutrients		cis-Mono	0.07g	Carotene	4.5ug
Carbohydrate 1% RI	3.7g	Polyunsaturated fat 0% RI	0.06g	Vitamin D	0ug
Protein 1% RI	0.65g	Omega3(n-3) 0% RI	0g	Vitamin E 0% RI	0.05mg
Fat 1% RI	0.5g	Omega6(n-6) 0% RI	0.01g	Vitamin K 1 2% RI	1.3ug
Water	93g	cis-Poly	0.01g	Thiamin (B ₁) 4% RI	0.04mg
Water from Drinks	0g	Trans-fatty acids	trace	Riboflavin (B ₂) 1% RI	0.01mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 1% RI	0.16mg
Carbohydrate		Minerals & trace elements		Niacin	0.07mg
Starch	0.14g	Sodium 9% RI	219mg	Tryptophan	4.4mg
Oligosaccharide	0.16g	Potassium 4% RI	79mg	Pantothenic Acid (B ₅) 0% RI	0.03mg
Fibre 5% RI	1.2g	Chloride 2% RI	19mg	Vitamin B ₆ 2% RI	0.03mg
NSP	1g	Calcium 1% RI	11.7mg	Folates (B ₉) Total 3% RI	5.6ug
Sugars 4% RI	3.4g	Phosphorus 2% RI	16.7mg	Vitamin B ₁₂ 0% RI	trace
Glucose	0.73g	Magnesium 1% RI	4.6mg	Biotin (B ₇) 1% RI	0.32ug
Galactose	0g	Iron 1% RI	0.2mg	Vitamin C 3% RI	2.3mg
Fructose	1.7g	Zinc 1% RI	0.06mg	Other	
Sucrose	0.98g	Copper 2% RI	0.02mg	GI (estimated)	35.2
Maltose	0g	Manganese 2% RI	0.04mg	GL	1.2
Lactose	trace	Selenium 0% RI	0.01ug		
		Iodine 1% RI	1.1ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Oil, olive	1.6g	(auto-calculated)	0.00
Onions, raw	150g	1x medium	0.00
Apples, eating, raw, flesh and skin	348g	2x Medium	0.00
Garlic, raw	6g	2x Average Portion	0.00
Celeriac, raw	305g	2x cup	0.00
Stock cubes, vegetable	20g	2x stock cube	0.00
Boiled water	1000g	1x litre	0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:		Quantity:	Kcal:	Cost RRP:	Sale Price
	1 serving	403g	88	0.00	

Ingredient List (QUID) ...

Water (62.1%), Apples (21.6%), Celeriac (18.9%) (**Celery**), Onions (9.3%), Vegetable stock cubes (1.2%) (**Celery**), Garlic (0.37%), Olive Oil (0.1%)