Zuppa Regolarità

Mix of cereal grains, vegetables and pulses for Organic and naturally gluten free soups



Zuppa Regolarità soup is a nourishing mix of Brown Rice, Buckwheat, vegetables, potatoes and pulse that warms the heart and helps the intestine maintain its natural regularity.

Nutritional properties:

Zuppa Regolarità has a high fibre content for a satisfying soup that helps your body's natural regularity; it is a source of protein and complex carbohydrates and is low in sugar. It is low in saturated fat to maintain normal levels of cholesterol in the blood.

- rich in fibre
- source of protein and complex carbohydrates
- low in sugar for long lasting energy
- helps the intestine maintain its natural regularity

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
brown rice*, buckwheat*, green lentils*, green adzuki beans*, leeks*, dehydrated potatos and onions*. *= organic ingredient

Characteristics	Value per 100 g
Energy kj	1389
Energy kcal	328
Fat	1,6
- of which — Saturated Fat	0,3
Carbohydrate	56,9
- of which — Sugars	2,7
Fibre	10,4
Protein	16,4
Salt	0,02