Zuppa Legumi e Cereali

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



Zuppa di Legumi e Cereali pulse and cereal soup is a balanced mix of the easily digestible energy of Brown Rice and Buckwheat and the strength of Peas, Lentils and Adzuki Beans in an energetic but light main dish.

Nutritional properties:

Zuppa di Legumi e Cereali has a high fibre content, iron for the normal formation of red cells and immune system functions, magnesium for the reduction of fatigue, vitamin B1 for the normal functioning of the nervous system, and is a source of protein. It is low in sugar, in sodium, to help maintain normal blood pressure, in fat and saturated fat to help maintain normal cholesterol levels in the blood.

- rich in magnesium
- rich in vitamin B1
- rich in fibre
- source of protein and complex carbohydrates
- low in sugar for long lasting energy

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
brown rice*, green peas*, green lentils* 25%, decorticated buckwheat*, decorticated red lentils*, green azuki beans*. *= organic ingredient

Characteristics	Value per 100 g
Energy kj	1380
Energy kcal	327
Fat	1
- of which — Saturated Fat	0,3
Carbohydrate	53
- of which — Sugars	4,5
Fibre	15,1
Protein	18,9
Salt	0,20