





Farmhouse vegetable soup

5' COOKING TIME

300g?

Ingredients

Vegetables and cereals 50%, extra virgin olive oil, onion, sunflower oil, vegetable broth, salt, pepper, rosemary. Grated Grana Padano DOP cheese as garnish

Average nutritional values per 100 g

Energy kJ 390 – Energy kcal 92 – Fats g 2,0 of which saturated fats g 0,4 – Carbohydrates g 13,1 of which sugars g 0,6 – Fibres g 2,9 – Proteins g 5,4 – Salt g 0,91

Preparation

Microwave oven (750w): 5 min in a closed package and still frozen.

