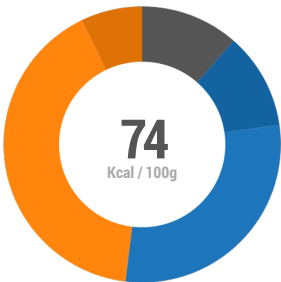


Butternut squash soup with chilli seeds and croutons



CALORIES:

40.5% Carbs

11.5% Protein

48.1% Fat

CONTAINS:


WHEAT

MAY CONTAIN:


MILK

OTHER PROPERTIES:


VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
135333 - 135333 Sysco Classic Butternut & Sage Soup (22 Jul 2023).. - BRAKES	275g	1 x Each
87189 Sysco Classic Oven Lightly Salted Croutons..	10g	
134290 Sysco Classic Sage..	2g	
33601 - 33601 Sysco Classic Mild Chilli Powder (22 Jul 2023).. - BRAKES	2g	0 x Each
10844 - 10844 Sysco Classic Pumpkin Seeds (22 Jul 2023).. - BRAKES	10g	0.02 x Each

1 Serving



 **Product code**

 **Barcode**

 299g / 228kcal

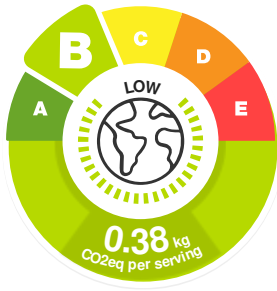
 # 1

Component	Grade	Contribution
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 Food Production

0.38kg

275g	135333 Sysco Classic Butternut & Sage Soup (22 Jul 2023)	B	0.34kg
10.0g	87189 Sysco Classic Oven Lightly Salted Croutons	B	0.03kg
2.00g	134290 Sysco Classic Sage	A	0.00kg
2.00g	33601 Sysco Classic Mild Chilli Powder (22 Jul 2023)	A	0.00kg
10.0g	10844 Sysco Classic Pumpkin Seeds (22 Jul 2023)	A	0.01kg



Water Usage

99.6l

275g	135333 Sysco Classic Butternut & Sage Soup (22 Jul 2023)	X	-
10.0g	87189 Sysco Classic Oven Lightly Salted Croutons	4	16.11
2.00g	134290 Sysco Classic Sage	X	-
2.00g	33601 Sysco Classic Mild Chilli Powder (22 Jul 2023)	1	0.761
10.0g	10844 Sysco Classic Pumpkin Seeds (22 Jul 2023)	9	82.8



78% Data Quality Score

Your Transport & Packaging:

 1 Serving 299g (serves 1)

Cooking Instructions & Notes

Preparation:

Defrost the soup

Method:

1. In a pan over a medium heat warm the chilli powder, sage, pumpkin seeds and croutons together.
2. Bring the soup to a boil and serve into a suitable dish/bowl
3. Garnish with the spiced croutons and seeds - serve!