

# Homemade Skinni Soup of the Week

## Broccoli



|            | <b>Cals</b> | <b>Fat</b> | <b>Sat. Fat</b> | <b>Carbs</b> | <b>Protein</b> | <b>WW ProPoints</b> | <b>SW Syns Extra Easy</b> |
|------------|-------------|------------|-----------------|--------------|----------------|---------------------|---------------------------|
| <b>Reg</b> | <b>57</b>   | <b>0.4</b> | <b>0.1</b>      | <b>10</b>    | <b>3.3</b>     | <b>0</b>            | <b>0</b>                  |
| <b>Lrg</b> | <b>75</b>   | <b>0.5</b> | <b>0.1</b>      | <b>13.2</b>  | <b>4.4</b>     | <b>0</b>            | <b>0</b>                  |

|            | <b>Out</b>   | <b>In</b>    |
|------------|--------------|--------------|
| <b>Reg</b> | <b>£2.15</b> | <b>£2.50</b> |
| <b>Lrg</b> | <b>£2.75</b> | <b>£3.20</b> |