



# Product Information Sheet

**Product Code** 324769

**Weight** 1200g

**Product Type** Large / Multi-Portion

**Product Name** Baked Beans

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	332kj	332kj
Energy (kcal)	79kcal	79kcal
Fat	0.5g	0.5g
Saturated	0.1g	0.1g
Monounsaturated	0.2g	0.2g
Polyunsaturated	0.1g	0.1g
Carbohydrate	12g	12g
of which sugars	4.5g	4.5g
Fibre	4.7g	4.7g
Protein	4.5g	4.5g
Sodium	193mg	193mg
Salt equivalent	0.48g	0.48g
Potassium	320mg	320mg

## Ingredient Declaration

haricot beans (46%), water, tomato paste (7%), sugar, modified starch, salt, white wine vinegar, seasoning blend (onion powder, ground paprika, spice & herb extracts (basil, bay, capsicum, cassia, cinnamon, clove, coriander, garlic, nutmeg, onion, parsley, pepper, pimento)).

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat	✓	Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic		Garlic	
Vegan	✓	Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato		Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

### **Cooking Guidelines (all ovens may vary)**

Cook with lid on. Always cook from frozen. Stir before serving.

**Store at -18°C, do not refreeze once thawed**

**Product Code** 328769**Weight**300g**Product Type** Small / Twin**Product Name** Baked Beans**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	332kj	332kj
Energy (kcal)	79kcal	79kcal
Fat	0.5g	0.5g
Saturated	0.1g	0.1g
Monounsaturated	0.2g	0.2g
Polyunsaturated	0.1g	0.1g
Carbohydrate	12g	12g
of which sugars	4.5g	4.5g
Fibre	4.7g	4.7g
Protein	4.5g	4.5g
Sodium	193mg	193mg
Salt equivalent	0.48g	0.48g
Potassium	320mg	320mg

**Ingredient Declaration**

haricot beans (46%), water, tomato paste (7%), sugar, modified starch, salt, white wine vinegar, seasoning blend (onion powder, ground paprika, spice & herb extracts (basil, bay, capsicum, cassia, cinnamon, clove, coriander, garlic, nutmeg, onion, parsley, pepper, pimento)).

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat	✓	Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic		Garlic	
Vegan	✓	Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato		Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

### **Cooking Guidelines (all ovens may vary)**

Cook with lid on. Always cook from frozen. Stir before serving.

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Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084