



Product Information Sheet

Product Code 217020

Weight 175g

Product Type Individual

Product Name Level 4 Puréed Beans on Toast

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	672kj	1176kj
Energy (kcal)	161kcal	282kcal
Fat	9.0g	16g
Saturated	2.8g	4.9g
Monounsaturated	4.0g	7.1g
Polyunsaturated	2.2g	3.8g
Carbohydrate	14g	25g
of which sugars	2.5g	4.3g
Fibre	2.0g	3.5g
Protein	5.0g	8.7g
Sodium	185mg	324mg
Salt equivalent	0.46g	0.81g
Potassium	146mg	256mg

Ingredient Declaration

water, white beans (6%), tomato, rapeseed oil, **wheat** flour, tomato puree, butter (**milk**), **soya** protein, **rye** flour, **egg** yolk, sugar, maltodextrin, inulin, thickener (methyl cellulose), beetroot juice, maize starch, emulsifier (**soya** lecithin), natural flavourings, salt, spirit vinegar, yeast, iodised salt, sunflower oil, garlic puree, **wheat gluten**, thyme, rosemary, lemon juice, pepper, yeast extract, herbs.

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)

Always cook from frozen. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF POWER

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

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