



# Product Information Sheet

**Product Code** 324105

**Weight** 1360g

**Product Type** Large / Multi-Portion

**Product Name** Chilli Con Carne

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	421kj	716kj
Energy (kcal)	101kcal	171kcal
Fat	4.3g	7.3g
Saturated	1.6g	2.7g
Monounsaturated	2.1g	3.6g
Polyunsaturated	0.4g	0.6g
Carbohydrate	6.4g	11g
of which sugars	1.5g	2.6g
Fibre	1.3g	2.1g
Protein	8.4g	14g
Sodium	226mg	384mg
Salt equivalent	0.56g	0.96g
Potassium	260mg	442mg

## Ingredient Declaration

beef (33%), water, tomato, red kidney beans, peppers, tomato puree, cornflour, rapeseed oil, salt, yeast extract, chilli powder, natural flavouring, ground cumin, ground paprika, sugar, beef stock, pepper.

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 from frozen. Lid on.

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

**Product Code** 328105  
**Product Type** Small / Twin  
**Product Name** Chilli Con Carne

**Weight** 340g

### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	421kj	716kj
Energy (kcal)	101kcal	171kcal
Fat	4.3g	7.3g
Saturated	1.6g	2.7g
Monounsaturated	2.1g	3.6g
Polyunsaturated	0.4g	0.6g
Carbohydrate	6.4g	11g
of which sugars	1.5g	2.6g
Fibre	1.3g	2.1g
Protein	8.4g	14g
Sodium	226mg	384mg
Salt equivalent	0.56g	0.96g
Potassium	260mg	442mg

### Ingredient Declaration

beef (33%), water, tomato, red kidney beans, peppers, tomato puree, cornflour, rapeseed oil, salt, yeast extract, chilli powder, natural flavouring, ground cumin, ground paprika, sugar, beef stock, pepper.

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 from frozen. Lid on.

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

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