



Product Information Sheet

Product Code 227311

Weight 340g

Product Type Individual

Product Name Level 4 Purée Bean Chilli

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	680kj	2313kj
Energy (kcal)	164kcal	557kcal
Fat	11g	39g
Saturated	1.0g	3.5g
Monounsaturated	6.5g	22g
Polyunsaturated	3.9g	13g
Carbohydrate	8.7g	29g
of which sugars	2.7g	9.1g
Fibre	3.1g	11g
Protein	4.8g	16g
Sodium	216mg	733mg
Salt equivalent	0.54g	1.8g
Potassium	182mg	620mg

Ingredient Declaration

water, peas (12%), rapeseed oil, tomato, tomato puree, pea protein, kidney beans (2.5%), rice, red lentils, onion, pea starch, thickeners (methyl cellulose, xanthan gum, guar gum), beetroot juice, emulsifier (sunflower lecithin), garlic, peppers, carrot juice, natural flavourings, sugar, salt, caramelised sugar, rice protein, chillies, yeast extract, maize starch, citrus fibres, spirit vinegar, red chillies, smoked paprika, cumin, paprika, Balsamico vinegar (white wine vinegar, grape juice concentrate), concentrated lime juice, oregano, coriander, sunflower oil, chilli, pepper, acid (citric acid).

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		Tomato		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. Cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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