

Product Information Sheet

Product Code 324906

Weight 1590g

Product Type Large / Multi-Portion

Product Name Moroccan Bean Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	419kj	1110kj
Energy (kcal)	100kcal	264kcal
Fat	2.3g	6.1g
Saturated	0.2g	0.5g
Monounsaturated	1.3g	3.3g
Polyunsaturated	0.7g	1.8g
Carbohydrate	13g	35g
of which sugars	5.7g	15g
Fibre	3.1g	8.1g
Protein	5.0g	13g
Sodium	99mg	262mg
Salt equivalent	0.25g	0.65g
Potassium	361mg	956mg

Ingredient Declaration

tomato, haricot beans (16%), borlotti beans (10%), onion, water, butter beans (7%), dried apricot (contains **sulphites**), peppers, pea protein, sugar, rapeseed oil, tomato puree, modified starch, ground cumin, garlic, cornflour, ground coriander, yeast extract, dried carrot, ginger, salt, rice flour, ground turmeric, dried tomato, coriander leaf, ground cinnamon, chilli powder, mint, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

Warnings:

- ⚠ May contain soya.
- ⚠ Produced in the United Kingdom using beans not of United Kingdom origin.
- ⚠ Product may contain whole or pieces of apricot stones.

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 328906

Weight 530g

Product Type Small / Twin

Product Name Moroccan Bean Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	419kj	1110kj
Energy (kcal)	100kcal	264kcal
Fat	2.3g	6.1g
Saturated	0.2g	0.5g
Monounsaturated	1.3g	3.3g
Polyunsaturated	0.7g	1.8g
Carbohydrate	13g	35g
of which sugars	5.7g	15g
Fibre	3.1g	8.1g
Protein	5.0g	13g
Sodium	99mg	262mg
Salt equivalent	0.25g	0.65g
Potassium	361mg	956mg

Ingredient Declaration

tomato, haricot beans (16%), borlotti beans (10%), onion, water, butter beans (7%), dried apricot (contains **sulphites**), peppers, pea protein, sugar, rapeseed oil, tomato puree, modified starch, ground cumin, garlic, cornflour, ground coriander, yeast extract, dried carrot, ginger, salt, rice flour, ground turmeric, dried tomato, coriander leaf, ground cinnamon, chilli powder, mint, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

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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			

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