

# Chilli & Rice

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	376.0	1128.0
Energy Kcal	89.0	267.0
Protein (g)	8.3	24.9
Carbohydrate (g)	7.8	23.4
of which sugar (g)	3.8	11.4
Fat (g)	2.8	8.4
of which saturated (g)	1.2	3.6
Fibre (g)	3.5	10.5
Sodium (g)	0.2	0.6
Equivalent in salt (g)	0.5	1.6

Vegetarian

X

Vegan

X

Allergens

none

## Ingredients

beef mince (20%), tomatoes (17%), water, onion, kidney beans, tomato puree, red peppers, camargue red rice (4%), garlic, sea salt, olive oil, cumin, black pepper, coriander, chilli powder

Produced in a nut free factory