

Three Bean Casserole

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	280.0	840.0
Energy Kcal	65.0	195.0
Protein (g)	4.0	12.0
Carbohydrate (g)	10.0	30.9
of which sugar (g)	3.1	9.3
Fat (g)	0.9	2.7
of which saturated (g)	0.3	0.9
Fibre (g)	3.6	10.8
Sodium (g)	0.2	0.6
Equivalent in salt (g)	0.4	1.2

Vegetarian



Vegan



Allergens

none

Ingredients

tomatoes (34%), mixed beans (black eyed beans, black turtle beans, butter beans) (30%), water, red peppers, green peppers, onion, tomato puree, garlic, vegetable stock, sugar, olive oil, sea salt, cumin, coriander leaf

Produced in a nut free factory