

Gebakte Bone IN TAMAMESOUS



Each 270 g serving contains

| | | |
|-----------|--------|-----|
| Energy | 918 kJ | 30% |
| Sugars | 12 g | 36% |
| Fat | 1 g | 5% |
| Saturates | 0 g | 0% |
| Salt | 0 mg | 0% |

of an adult's guideline daily amount

CHOICE GRADE. We always strive to produce succulent product, Baked Beans in Tomato Sauce, a part of a tasty family meal.

SERVING SUGGESTIONS: Use in your favourite casserole. Add to salads. Add chopped onion, parsley, garlic and with olive oil and serve as a salad. **PREPARATION:** The contents are already cooked and ready to use. **TO HEAT:** Empty contents into a saucepan and gently heat, stirring occasionally. Do not boil. **TO MICROWAVE:** Empty contents into a microwaveable dish. Microwave on high for 2 minutes, stirring after 1 minute.

INGREDIENTS: SMALL WHITE BEANS (MINIMUM 61%), TOMATO SAUCE (WATER, TOMATOES (MINIMUM 7.8%) (RECONSTITUTED FROM TOMATO PASTE), CANE SUGAR, SALT, MODIFIED MAIZE STARCH (E1401), SPICES. **ALLERGENS:** NONE.

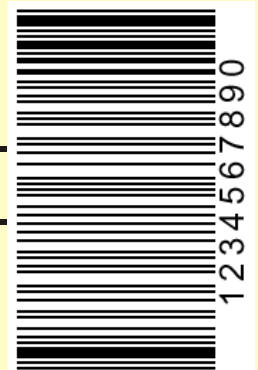
| NUTRITIONAL INFORMATION | PER 100 g* | PER 270 g SERVING |
|----------------------------|------------|-------------------|
| Energy | 340 kJ | 918 kJ |
| Protein | 4.9 g | 13.2 g |
| Glycaemic Carbohydrate | 17 g | 45 g |
| of which Total Sugar | 4.5 g | 12.2 g |
| Total Fat | 0.5 g | 1.4 g |
| of which Saturated Fat | 0.1 g | 0.3 g |
| of which Trans Fatty Acids | 0.0 g | 0.0 g |
| of which Monounsaturated | 0.0 g | 0.0 g |
| of which Polyunsaturated | 0.3 g | 0.9 g |
| Cholesterol | 0 mg | 0 mg |
| Dietary Fibre (A0AC991.43) | 6 g | 16.2 g |
| Total Sodium | 273 mg | 738 mg |
| Salt | 1 mg | 2 mg |

* NUTRITIONAL INFORMATION (TYPICAL ANALYSED VALUES AS PACKED)



NETT MASS

410 g



Manufactured in South Africa

SERVING SUGGESTION

STORAGE CONDITIONS: UNOPENED: KEEP COOL AND DRY. BEST BEFORE DATE ON CAN.
OPENED: TRANSFER UNUSED CONTENTS TO A SEALABLE CONTAINER & REFRIGERATE.
USE WITHIN 3 DAYS OF OPENING

