

Maltose
Lactose

0g Iodine 1% RI
0g

1.1ug GL
Caffeine

9.1
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Chilli Con Carne Mix (Actual)..
CHILLI CON CARNE

U 100g

N/A

Rice Actual..
RICE GRAIN

U 130g

2 x serving

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 230g / 335kcal

1.0

INGREDIENT LIST (QUID) ...

Rice Grain (56.5%), Chilli Con Carne (43.5%) [Beef, Kidney Bean, Chopped Tomato, Water, Onions, Carrot, Mixed Peppers, Salt, Sugar, garlic Puree, Chilli, Cumin, Oregano, 1% Veg Bouillon[salt, Yeast Extract, Potato Starch, Sugar, Maltodextrin, Flavourings, Onion, Carrot Juice Concentrate(0.4%), Extra Virgin Olive Oil, Parsley Root, Parsnip, Onion Juice Concentrate(0.4%), Garlic Powder, Pepper, Lovage Root, Bay Leaf, Turmeric, Corn Flour (**Wheat**)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

100g Chilli con carne ()

130g Rice grain (2 x serving)

METHOD

No Cooking Instructions