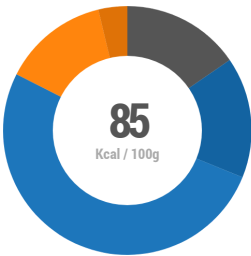


Mexican Bean Soup with Warm Roll (Actual)

By Sinead Bradbury



CALORIES:

67.1% Carbs

15.4% Protein

17.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 252G SERVING	%RI
Energy(Kj)	384 kJ	5%	968 kJ	12%
Energy(kcal)	91 kcal	5%	230 kcal	12%
Fat	1.7 g	2%	4.2 g	6%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	14 g	5%	36 g	14%
of which sugars	3.3 g	4%	8.4 g	9%
Fibre	3.2 g	13%	8 g	32%
Protein	3.3 g	7%	8.3 g	17%
Salt	0.5 g	8%	1.3 g	22%

CONTAINS:


WHEAT

MAY CONTAIN:

  
MILK SESAME SOYA

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 4% RI	85kcal	Saturated Fat 2% RI	0.3548g	Vitamin A (ret eq)	0ug
Energy(Kj) 4% RI	359kJ	Monounsaturated fat 0% RI	0.0419g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	-
Carbohydrate 5% RI	14.2g	Polyunsaturated fat 0% RI	0.0629g	Vitamin D	0ug
Protein 7% RI	3.3g	Omega3(n-3)	-	Vitamin E 0% RI	0.0201mg
Fat 2% RI	1.7g	Omega6(n-6)	-	Vitamin K ₁	-
Water	77g	cis-Poly	-	Thiamin (B ₁) 2% RI	0.0192mg
Water from Drinks	0g	Trans-fatty acids	trace	Riboflavin (B ₂) 0% RI	0.0061mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 2% RI	0.3667mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 1% RI	0.1746mg
Starch	10.9g	Sodium 8% RI	199mg	Tryptophan	11.5mg
Oligosaccharide	-	Potassium 1% RI	14.3mg	Pantothenic Acid (B ₅) 1% RI	0.0367mg
Fibre 13% RI	3.2g	Chloride 38% RI	301mg	Vitamin B ₆ 0% RI	0.0026mg
NSP	2.5g	Calcium 2% RI	15.5mg	Folates (B ₉) Total 1% RI	2.7ug
Sugars 4% RI	3.3g	Phosphorus 1% RI	9.1mg	Vitamin B ₁₂	0ug
Glucose	trace	Magnesium 1% RI	1.9mg	Biotin (B ₇) 0% RI	0.0786ug
Galactose	-	Iron 1% RI	0.1484mg	Vitamin C	0mg
Fructose	0.0175g	Zinc 1% RI	0.0786mg	OTHER	
Sucrose	trace	Copper 1% RI	0.0113mg	GI (estimated)	
		Manganese 2% RI	0.0463mg		
		Selenium 1% RI	0.3492ug		

Maltose
Lactose

0.227g
0g

Iodine 0% RI

0.3492ug

GL
Caffeine

3.1
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Bread rolls, white, crusty..
WHITE BREAD ROLL

GB23

22g

1 x extra small petit pain

unchanged

Mexican Bean Soup(Actual)..
BEAN

U

230g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 252g / 230kcal

1.0

INGREDIENT LIST (QUID) ...

Bean (91.3%) [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], White Bread Roll (8.7%) (**Wheat**)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. May contain traces of Milk, Sesame, Soya

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

22g White bread roll (1 x extra small
petit pain)

230g Bean ()

METHOD

No Cooking Instructions