

#### INGREDIENTS

Beans, Water, Tomato Paste(Tomatoes, Water)  
Sugar, Salt

#### NUTRITION INFORMATION

##### Typical Nutritional Information(as packed):

Typical Values	Per 100 g	Per 85 g single serving
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Energy	378, KJ	321, KJ
Protein	5 g	4.3 g
Glycemic carbohydrate	17 g	15 g
of which total sugar	3.4 g	2.9 g
Total fat	0.7 g	0.6 g
of which saturated fat	0.2 g	0.2 g
monounsaturated fat	0.1 g	0.1 g
polyunsaturated fat	0.3 g	0.3 g
Dietary fibre #	4g	3.4 g
Total sodium	542mg	461 mg

Analysed using AOAC 985.29

#### SERVING SUGGESTION

This is a fully cooked product. Serve hot or cold. Ideal for bread (breakfast) or picnics

**Rico  
Bandy**  
BAKED  
Beans

In Tomato Sauce

Choice Grade

410g

BEST BEFORE END : SEE END OF CAN

Net Weight

410g

#### HEATING/PREPARATION INSTRUCTIONS

**Hob:** Empty content into a saucepan and heat gently whilst stirring. Do not boil.  
**microwave:** 750w: Empty content into a suitable container, cover and vent. Microwave on full power for 3 minutes, stirring half way through. After heating allow to stand for 1 minute and stir before serving.

#### STORAGE INSTRUCTIONS:

PRIOR TO OPENING: STORE IN A COOL DRY PLACE AND USE WITHIN BEST BEFORE DATE.

ONCE OPENED: TRANSFER UNUSED CONTENTS TO A SUITABLE CONTAINER AND REFRIGERATE FOR UP TO 2 DAYS

PRODUCED IN SOUTH AFRICA  
FOR MML LIMITED

PLOT 5415, FALCON AVENUE,  
CHRISTIAN VILLAGE - ACHIMOTA  
CONTACT: +233 549 937 327

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