

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 of which total sugar	17 g 3.4 g	15 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 g
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**

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CHRISTIAN VILLAGE - ACHIMOTA
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