

NEW OCT 2023 MIXED BEANS JACKET POTATO

Ingredients : Potatoes , Chopped tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric acid) , Mixed beans (Mixed beans - cannelloni beans, chick peas, red kidney beans, butter beans, borlotti , Water, Antioxidant (Ascorbic Acid, (Vitamin C))) , Cheddar [MILK] (Cow's Milk [MILK], Salt, Starter Culture, Vegetarian Rennet, Anti-Caking Agent (Potato Starch 1%)) , Carrots , White cabbage , Red cabbage , White onion , Red onion , Greek yoghurt [MILK] (Skimmed Milk [MILK], Fresh pasteurised cream Fortified with milk solids [MILK], Live bio cultures) , Mayonnaise [EGG] [MUSTARD] (rapeseed oil, Water, Egg [EGG], Spirit vinegar, Sugar, Salt, Lemon Juice , Stabiliser: Xanthan Gum, Mustard Seed [MUSTARD]) , Ketchup [CELERY] (Tomatoes, Vinegar, Sugar, Salt, herb and spice extracts, Celery [CELERY]) , Spring onion , Smoked paprika , Olive oil , Light brown sugar (Sugar, Cane molasses, Inverted Sugar Syrup) , Garlic , Salt , Apple cider vinegar , Dijon mustard [MUSTARD] [SULPHITES] (Mustard Seed [MUSTARD], Spirit vinegar, Sea Salt, Water, Preservative: Sodium Hydrogen Sulphite [SULPHITES]) , Ground cumin , Chilli powder , Black pepper , Vegetable stock [CELERY] (Sea Salt, Palm Oil, Sunflower Oil, Glucose, Sugar, onion, Celery [CELERY], carrot, Tomatoes, Parsnips, Modified maize starch, Yeast, Concentrated vegetable juice [CELERY], Spices) , Ground coriander , Honey [HONEY] , Oregano

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1963	420
Energy (KCal)	469	100
Fat (g)	18	4
of which Saturates (g)	8	2
Carbohydrate (g)	55	12
of which Sugars (g)	12	2
Protein (g)	16.88	3.61
Fibre (g)	9.57	2.05
Salt (g)	1.29	0.28

Total Weight : 467 ge

