

31125 | The Authentic Food Company Ltd | 12-325g

The Authentic Food Company Smokey Bean & Roasted Vegetable Chilli



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Description

Brand Name	The Authentic Food Company Ltd
Country of Origin	United Kingdom

Ingredients

Ingredients	Water, Vegetables (24%) (Onion, Grilled Courgette, Grilled Red Pepper, Grilled Yellow Pepper), Cooked Mixed Beans (23%) (Red Kidney Beans, Black Turtle Beans, Cannellini Beans), Crushed Tomato (14%), Tomato Paste (4.5%), Rapeseed Oil, Modified Maize Starch, Vegetable Stock (Rehydrated Potato, Yeast Extract, Water, Salt, Flavouring, Sunflower Oil, Sugar, Dried Onion, Lemon Juice Concentrate, Dried Garlic), Spices (Ground Cumin, Paprika, Ground Black Pepper), Brown Sugar, Coriander Leaf, Garlic Purée, Chipotle Paste (Water, Tomato Paste, Chipotle Chillies, Molasses, Dried Onion, Spirit Vinegar, Salt, Chilli Powder, Corn Starch), Salt, Dried Thyme.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	285 kJ
Energy (Kilocalories)	68 kcal
Fat, Total	1.9 g
Saturated	0.5 g
Carbohydrate	7.6 g
Sugars	1.7 g
Dietary Fibre, Total	4 g
Protein, Total	3.1 g
Salt	0.483 g
Sodium	193.3 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	Ensure product is piping hot before serving.
Defrosting Instructions	n/a
Oven	n/a
Microwave Instructions	Microwave (1800W): Place pouch on a microwaveable dish, pierce film several times, cook on full power for 4 minutes, stand for 1 minute, cook for a further 1 minute. Ensure product is piping hot throughout before serving.
Other	HOB: Place pouch into a pan of boiling water, cook for 20 minutes, carefully remove pouch from pan, pour contents on to a serving plate. Ensure product is piping hot before serving

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim