

**Taco mixed beans : mixed beans in a spicy tomato sauce with red peppers :
440 g / Tesco Stores Ltd.**

Contributors

Tesco (Firm)

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PREPARATION GUIDELINES:

All appliances vary, the following are guidelines only.

To Cook on the Hob

Empty contents of can into saucepan. Heat gently for 4 minutes, stirring occasionally. Do not allow to boil.

To Microwave in a 650W or 750W Oven:

To Microwave

Empty contents of can into a non-metallic bowl. Cook and heat on Full Power for 2 minutes (650W) or 2 minutes (750W). Remove from oven and stir. Re-cover and replace in oven, cook on Full Power for a further 2 minutes (650W) or 1 minute (750W). Stir well before serving.

INGREDIENTS:

Mixed Beans in variable proportion (Red Kidney Beans, Pinto Beans, Cannellini Beans, Haricot Beans, Black Eyed Beans), Tomato Purée, Water, Red Peppers, Onions, Sugar, Salt, Modified Starch, Hydrolysed Vegetable Protein, Spice and Herb Extracts, Onion Extract, Garlic Extract.

Nutrition Information: Typical Composition: 100 g (3 1/2 oz) provide: Energy 314 kJ/75 kcal, Protein 4.7 g, Carbohydrate 13.5 g (of which sugars 5.0 g), Fat 0.5 g, Sodium 0.5 g, Fibre 3.9 g. A 220 g serving provides 165 Calories (kcal).

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TACO
MIXED
BEANS
mixed beans
in a spicy
tomato sauce
with red peppers
440g e

BEST BEFORE END:
SEE DATE ON CAN END