

Article specification

CHILI CON CARNE WITH NACHO-CHEESE-SAUCE



Chili con carne with a creamy nacho style cheese sauce and rice

Ingredients:

41% cooked rice (water, basmati, jasmine rice mix, rapeseed oil), water, tomatoes, 7.7% cooked ground beef (beef, salt), red beans, peppers, CREAM, tomato paste, corn, onions, modified starch, canola oil, sugar, salt, spices, 0.5% cheese powder (CHEESE POWDER, salt), herbs, lime juice concentrate, jalapeños, grained broth (seasoning, salt), thickeners xanthan gum, guar gum, smoked spices (peppers, onions, smoke), paprika extract. The product may contain traces of WHEAT, EGG, CELERY and SOY!

Allergens:

Contains: milk
May contain traces of: cereals containing gluten, eggs, soybeans, celery

Storage advice:

The best-before date stated on the sales packaging can only be adhered to with uninterrupted storage and transport from +2°C to +7°C.

Preparation advice:

How it works in the microwave:

Poke the foil of both bowls several times and then heat in the microwave (700 watts) for approx. 4 min.
Tip the bowl with rice onto the plate.
Arrange the sauce with the vegetables and meat next to it. Enjoy your meal!

How it's done on the cooker:

Open both bowls and then put the rice and the sauce with vegetables and meat in a pot or pan with a little oil. Heat over medium heat, stirring occasionally.
Serve on a plate.
Enjoy your meal!

Attention: The cooking time may vary depending on the appliance.

Average nutrients	per 100 g		per 440 g	
Calorific value:	547 kJ	/	130 kcal	2407 kJ / 572 kcal
Fat:	4,4 g			19,4 g
of which saturated fatty acids:	1,5 g			6,6 g
Carbohydrates:	17,2 g			75,7 g
of which sugar:	2,2 g			9,7 g
Fibre:	1,5 g			6,6 g
Protein:	4,7 g			20,7 g
Salt:	0,93 g			4,09 g