

GREEN BEANS CASSEROLE

INGREDIENTS

Frozen green beans, fresh potatoes, frozen onions, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), carrots, extra virgin olive oil, tomato paste, parsley, salt, sugar, garlic, black ground pepper.



RETAIL TRAY
HO.RE.CA TRAY



Preparation and heating instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove the plastic film. Temperature of the product should be at least **75°C/167°F** throughout. The product is consumed warm at a temperature of **60°C/140°F**.



Standard
oven

170°C
HEATING
TIME

25'-30'



Microwave
oven

750watt
HEATING
TIME

3'-4'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	PROTEINS	SALT
419kj 101kcal	6.5g	0.9g	7.5g	4.6g	1.6g	1.39g
5*	9*	4*	3*	5*	3*	23*

«% adult RI per 100g RI = Reference intake of an average adult (8400kj/2000 kcal)»



SERVING SUGGESTION

SCAN ME

