

# Baked Beans

Allergens – N/A

## Ingredients

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Quantity	Ingredient
1.4 Kg	Baked Beans



## Method

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1. Cook to the manufacturer's instruction.

### Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 73	= .6	= 0.2	= 2.85	= 0.85	= 12.8

**Portion size** - Primary –70g