



## 206119C Black Bean Jambalaya (Scheff Foods)



**Pack Size:** 12 X 320G

**Details:** Long grain rice mixed with red peppers, black beans and sweet potatoes, seasoned with Cajun spices and smoked paprika, topped with roasted okra.

### Allergen Information

**Contains:**

Celery

**Free from:**

Cereal, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Sulphur Dioxide

**May contain:**

Nuts

**Suitable for:**

Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

From Frozen (1900 Watt Microwave), remove from tray and place on a serving dish. Defrost for 6 minutes. Reheat on full power for 2 minutes. Ensure the product is thoroughly heated before serving.

**Storage Instructions:**

-18°C or below, Once defrosted do not re-freeze

### Product Ingredients

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Cooked Rice (33%) (Water), Onion, Tomato, Cooked Black Turtle Beans (8%) (Water), Red Pepper, Sweet Potato, Rapeseed Oil, **CELERY**, Tomato Puree, Roasted Okra (Rapeseed Oil), Garlic Puree, White Wine Vinegar, Yeast Extract (Salt), Sugar, Cajun Seasoning (Salt, Paprika, Onion Powder, Cayenne Pepper, Garlic Powder, Cumin, Pepper,

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

135 kcal / 565 kJ

**Fat:**

6.1 g

**of which saturates:**

0.5 g

**Carbohydrates:**

16.8 g

**of which sugars:**

3.1 g

**Fibre:**

1.9 g

**Protein:**

2.7 g

**Salt:**

0.72 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.