

## Recipe Detail Section By Portions

## Mixed Bean Cassoulet



## Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Chick Peas	63 g	625 g	3.13 kg	6.25 kg	12.5 kg
Butter Beans	63 g	625 g	3.13 kg	6.25 kg	12.5 kg
Red Kidney Beans	17 g	167 g	833 g	1.67 kg	3.33 kg
5 Bean Salad	17 g	167 g	833 g	1.67 kg	3.33 kg
Onions	17 g	167 g	833 g	1.67 kg	3.33 kg
Tomato Paste	17 g	167 g	833 g	1.67 kg	3.33 kg
Chopped Tomatoes	63 g	625 g	3.13 kg	6.25 kg	12.5 kg
Ground Cumin	0 g	2 g	10 g	21 g	42 g
Cinnamon	0 g	2 g	10 g	21 g	42 g
Brakes Curry Powder	0 g	1 g	5 g	10 g	21 g

## Method

Finely dice onion and sweat with a little oil then add spices  
 Add all the beans (well drained) and stir  
 Add the tomato paste and the chopped tomatoes  
 Simmer until ready and then serve hot with rice.

## Assembled Tags



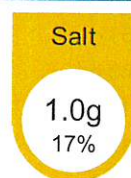
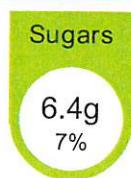
Contains Mustard

SO<sub>2</sub>Contains Sulphur  
Dioxide &  
Sulphites >  
10mg/Kg

Mixed Bean Cassoulet

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	122.43kcal	62.68kcal
Fat	1.58g	0.81g
Satd FA /100g fd	0.18g	0.09g
Carbohydrate	20.25g	10.37g
Protein	8.12g	4.16g
Non Milk Extrinsic Sugar	2.35g	1.2g
NSP	5.51g	2.82g
Vitamin A	90.57µg	46.37µg
Vitamin C	9.93mg	5.08mg
Zinc	0.88mg	0.45mg
Iron	2.37mg	1.21mg
Folate	43.5µg	22.27µg
Calcium	61.42mg	31.45mg
Sodium	389.39mg	199.37mg
Salt	0.97g	0.5g
Total sugars	6.41g	3.28g



Standard Size: Ptn

Allergen Assembled Tags



Contains Mustard

SO<sub>2</sub>

Contains Sulphur Dioxide & Sulphites > 10mg/Kg