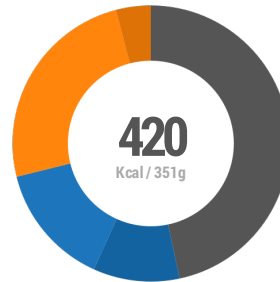


BBQ Chicken

By fresco box

Overview ...

U / 1358465



WEIGHT:

24.5% Carbs

46.7% Protein

28.9% Fat

Food Labelling...

EU Label values per 351g

Serves

| | PER 351G | %RI |
|---------------------------|-----------------|------|
| Energy(Kj) | 1897 kJ | 23% |
| Energy(Kcal) | 451 kcal | 23% |
| Fat | 13 g | 19% |
| <i>of which saturates</i> | 1.9 g | 10% |
| Carbohydrate | 26 g | 10% |
| <i>of which sugars</i> | 11 g | 12% |
| Fibre | 6.5 g | 26% |
| Protein | 53 g | 106% |
| Salt | 1.4 g | 23% |

MAY CONTAIN:



CELERY



SULPHITES

OTHER PROPERTIES:



HALAL

- LOW SATURATED FAT
- HIGH IN PROTEIN
- HIGH IN NIACIN
- SOURCE OF POTASSIUM
- SOURCE OF PHOSPHORUS
- LOW SUGAR
- HIGH IN VITAMIN K
- SOURCE OF VITAMIN B6
- SOURCE OF CHLORIDE

Nutrient Breakdown per 351g...

| Energy | Lipid Components | Vitamins |
|-----------------------|--------------------------------------|---|
| Energy(Kcal) 21% RI | Saturated Fat 9% RI | 1.9g Vitamin A (ret eq) 18% RI |
| Energy(Kj) 21% RI | Monounsaturated fat 5% RI | 1.6g Retinol |
| | <i>cis-Mono</i> | 1.7g Carotene |
| Macronutrients | Polyunsaturated fat 5% RI | 0.86g Vitamin D 9% RI |
| Carbohydrate 10% RI | <i>Omega3(n-3)</i> 8% RI | 0.18g Vitamin E 13% RI |
| Protein 98% RI | <i>Omega6(n-6)</i> 4% RI | 0.63g Vitamin K ₁ 114% RI |
| Fat 19% RI | <i>cis-Poly</i> | 0.78g Thiamin (B ₁) 31% RI |
| Water | Trans-fatty acids | 0.23g Riboflavin (B ₂) 18% RI |
| Water from Drinks | Cholesterol | 141mg Niacin total (B ₃) 216% RI |
| Alcohol | | <i>Niacin</i> |
| Carbohydrate | Minerals & trace elements | <i>Tryptophan</i> |
| Starch | Sodium 23% RI | 1105mg Pantothenic Acid (B ₅) 45% RI |
| Oligosaccharide | Potassium 55% RI | 102mg Vitamin B ₆ 77% RI |
| Fibre 26% RI | Chloride 65% RI | 522mg Folic Acid (B ₉) 14% RI |
| NSP | Calcium 13% RI | 70mg Vitamin B ₁₂ 0% RI |
| Sugars 12% RI | Phosphorus 75% RI | 1.7mg Biotin (B ₇) 10% RI |
| Glucose | Magnesium 19% RI | 1.6mg Vitamin C 45% RI |
| Galactose | Iron 12% RI | |
| Fructose | Zinc 16% RI | |
| Sucrose | Copper 12% RI | |
| Maltose | Manganese 16% RI | |
| Lactose | Selenium 45% RI | |
| | Iodine 8% RI | |
| | | Other |
| | | GI (estimated) |
| | | GL |
| | | Caffeine |

| Recipe Ingredients ... | Quantity: | Description: |
|--|-------------|--------------------------------|
| Chicken, breast, grilled without skin, meat only | 150g | 1.5x Pieces in a long roll |
| Sweet Potato, french fries | 90g | |
| Broccoli, green, boiled in unsalted water | 70g | 1.6x spear |
| Onions, raw | 15g | 1x slice or in sandwich/wrap |
| Peppers, bell, raw, mixed | 8g | 1x slice (strip eg. in fajita) |
| Tomato ketchup | 8g | 1x teaspoon |
| Thyme, fresh | 4g | 1x Average Portion |
| Garlic, raw | 3g | 1x Average Portion |
| Paprika | 1g | 0.4x teaspoon |
| Ginger, fresh | 1g | 0.2x Average Portion |
| Salt | 0.5g | 1x average pinch of salt |
| Pepper, black | 0.1g | 1x average sprinkle |