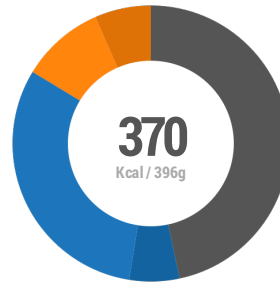
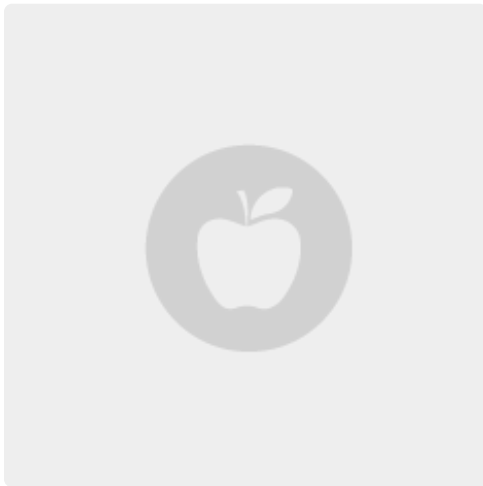


Beef stew

By fresco box

Overview ...

U / 1358436



WEIGHT:

37% Carbs

46.7% Protein

16.3% Fat

Food Labelling...

EU Label values per 396g

Serves

	PER 396G	%RI
Energy(Kj)	1605 kJ	19%
Energy(Kcal)	380 kcal	19%
Fat	6.7 g	10%
<i>of which saturates</i>	2.7 g	14%
Carbohydrate	34 g	13%
<i>of which sugars</i>	5.4 g	6%
Fibre	4.9 g	20%
Protein	43 g	86%
Salt	0.91 g	15%

CONTAINS:



Nutrient Breakdown per 396g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 18% RI	Saturated Fat 13% RI	Vitamin A (ret eq) 6% RI
Energy(Kj) 18% RI	Monounsaturated fat 9% RI	Retinol
370kcal	<i>cis-Mono</i>	Carotene
1552kJ	Polyunsaturated fat 5% RI	Vitamin D 12% RI
Macronutrients	<i>Omega3(n-3)</i> 0% RI	Vitamin E 6% RI
Carbohydrate 13% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 188% RI
Protein 86% RI	<i>cis-Poly</i>	Thiamin (B ₁) 31% RI
Fat 10% RI	Trans-fatty acids	Riboflavin (B ₂) 30% RI
Water	Cholesterol	Niacin total (B ₃) 131% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 15% RI	Tryptophan
Carbohydrate	Potassium 29% RI	Pantothenic Acid (B ₅) 18% RI
Starch	Chloride 81% RI	Vitamin B ₆ 36% RI
Oligosaccharide	Calcium 14% RI	Folic Acid (B ₉) 26% RI
Fibre 20% RI	Phosphorus 53% RI	Vitamin B ₁₂ 77% RI
NSP	Magnesium 23% RI	Biotin (B ₇) 5% RI
Sugars 6% RI	Iron 28% RI	Vitamin C 26% RI
Glucose	Zinc 74% RI	Other
Galactose	Copper 16% RI	GI (estimated)
Fructose	Manganese 63% RI	GL
Sucrose	Selenium 32% RI	Caffeine
Maltose	Iodine 13% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Beef, sirloin steak, raw, lean	160g	1x Medium
Rice, brown, wholegrain, boiled in unsalted water	100g	
Cabbage, green, boiled in unsalted water	70g	
Onions, raw	60g	1x small
Thyme, fresh	4g	1x Average Portion
Oxo stock cube, beef	1g	0.2x stock cube
Bay leaf, dried	0.7g	1x average
Salt	0.5g	1x average pinch of salt
Pepper, black	0.1g	1x average sprinkle