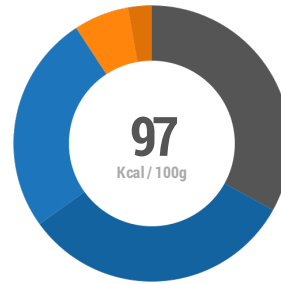
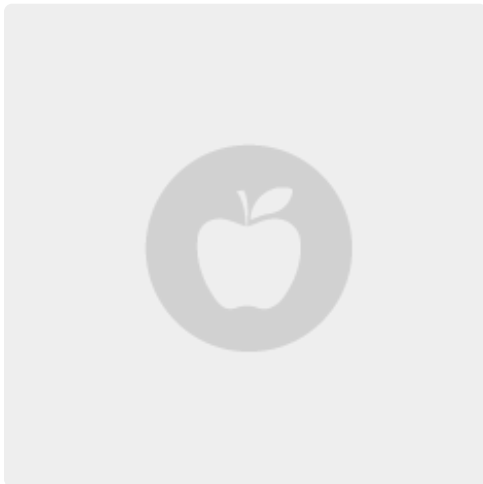


Garlic Seabream

By fresco box

Overview ...

U / 2405529



WEIGHT:

57.8% Carbs

33% Protein

9.2% Fat

Food Labelling...

EU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	429 kJ	5%
Energy(Kcal)	102 kcal	5%
Fat	1 g	1%
<i>of which saturates</i>	0.3 g	2%
Carbohydrate	14 g	5%
<i>of which sugars</i>	7.8 g	9%
Fibre	2.5 g	10%
Protein	8 g	16%
Salt	0.11 g	2%

CONTAINS:



FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 1% RI	Vitamin A (ret eq) 55% RI
Energy(Kj) 5% RI	Monounsaturated fat 1% RI	Retinol
97kcal	<i>cis-Mono</i>	Carotene
410kJ	Polyunsaturated fat 2% RI	Vitamin D
Macronutrients	<i>Omega3(n-3)</i> 2% RI	Vitamin E 25% RI
Carbohydrate 5% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 2% RI
Fibre 10% RI	<i>cis-Poly</i>	Thiamin (B ₁) 9% RI
Protein 16% RI	Trans-fatty acids	Riboflavin (B ₂) 4% RI
Fat 1% RI	Cholesterol	Niacin total (B ₃) 7% RI
Water	Minerals & trace elements	Niacin
Water from Drinks	Sodium 2% RI	Tryptophan
Alcohol	Potassium 20% RI	Pantothenic Acid (B ₅) 9% RI
Carbohydrate	Chloride 5% RI	Vitamin B ₆ 12% RI
Starch	Calcium 4% RI	Folic Acid (B ₉) 10% RI
Oligosaccharide	Phosphorus 16% RI	Vitamin B ₁₂ 3% RI
Fibre 10% RI	Magnesium 9% RI	Biotin (B ₇) 0% RI
NSP	Iron 6% RI	Vitamin C 16% RI
Sugars 9% RI	Zinc 4% RI	Other
Glucose	Copper 11% RI	GI (estimated)
Galactose	Manganese 17% RI	GL
Fructose	Selenium 25% RI	Caffeine
Sucrose	Iodine 1% RI	
Maltose		
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Sweet potato, baked	174g	1x medium 6
Sea Bass or bream, grilled or baked	101g	1x fillet
Beans, green, boiled in unsalted water	80g	1x NHS Serving (4 tablespoons/1/2 cup)
Garlic, raw	1.5g	0.5x Average Portion