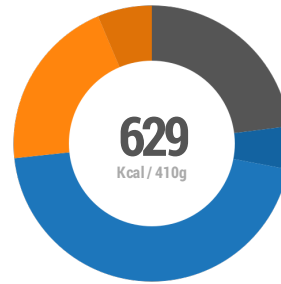


Jerk Chicken

By fresco box

Overview ...

U / 1446298



WEIGHT:

50.3% Carbs

23% Protein

26.7% Fat

Food Labelling...

EU Label values per 410g

Serves

	PER 410G	%RI
Energy(Kj)	2711 kJ	32%
Energy(Kcal)	644 kcal	32%
Fat	19 g	27%
of which saturates	4.4 g	22%
Carbohydrate	79 g	30%
of which sugars	7.8 g	9%
Fibre	6.4 g	26%
Protein	37 g	74%
Salt	0.38 g	6%

MAY CONTAIN:



WHEAT

MILK

- LOW SATURATED FAT**
- LOW SUGAR**
- VERY LOW SALT**
- HIGH IN PROTEIN**
- SOURCE OF PHOSPHORUS**
- SOURCE OF MANGANESE**

Nutrient Breakdown per 410g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 31% RI	Saturated Fat 22% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 32% RI	Monounsaturated fat 30% RI	Retinol
629kcal	<i>cis-Mono</i>	Carotene
2652kJ	Polyunsaturated fat 26% RI	Vitamin D 7% RI
Macronutrients	<i>Omega3(n-3)</i>	Vitamin E 2% RI
Carbohydrate 30% RI	<i>Omega6(n-6)</i>	Vitamin K ₁ 8% RI
Protein 72% RI	<i>cis-Poly</i>	Thiamin (B ₁) 38% RI
Fat 27% RI	Trans-fatty acids	Riboflavin (B ₂) 15% RI
Water	Cholesterol	Niacin total (B ₃) 92% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 6% RI	Tryptophan
Carbohydrate	Potassium 59% RI	Pantothenic Acid (B ₅) 28% RI
Starch	Chloride 28% RI	Vitamin B ₆ 56% RI
Oligosaccharide	Calcium 7% RI	Folic Acid (B ₉) 35% RI
Fibre 26% RI	Phosphorus 78% RI	Vitamin B ₁₂ 0% RI
NSP	Magnesium 45% RI	Biotin (B ₇) 6% RI
Sugars 9% RI	Iron 29% RI	Vitamin C 9% RI
Glucose	Zinc 43% RI	Other
Galactose	Copper 55% RI	GI (estimated)
Fructose	Manganese 94% RI	GL
Sucrose	Selenium 51% RI	Caffeine
Maltose	Iodine 4% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Rice and red kidney beans, brown rice	200g	
Chicken, drumsticks, roasted, meat and skin, weighed with bone	150g	2.3x small
Plantain, ripe, fried in rapeseed oil	60g	