

Galactose
Fructose
Sucrose
Maltose
Lactose

0g
0.55g
0.19g
0.22g

Zinc 7% RI
Copper 10% RI
Manganese 14% RI
Selenium 14% RI
Iodine 2% RI

0.71mg
0.1mg
0.28mg
7.7ug
3.4ug

Biotin (B7) 3% RI
Vitamin C 3% RI

1.6ug
2.2mg

Other

GI (estimated) 62
GL 7.1
Caffeine

Recipe Ingredients ...	Quantity:	Description:
Chicken, breast, grilled without skin, meat only	120g	1x medium fillet
Couscous, plain, cooked	85g	1x Average Portion
Beans, green, boiled in unsalted water	80g	1x NHS Serving (4 tablespoons/1/2 cup)
Tomato puree	8.5g	0.5x teaspoon
Paprika	0.5g	0.2x teaspoon
Pepper, black	0.1g	1x average sprinkle
Garlic, raw	NaN	0.2x Average Portion