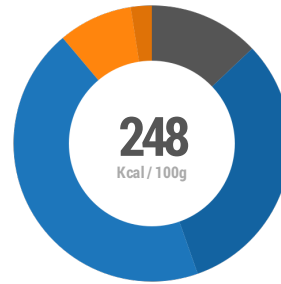
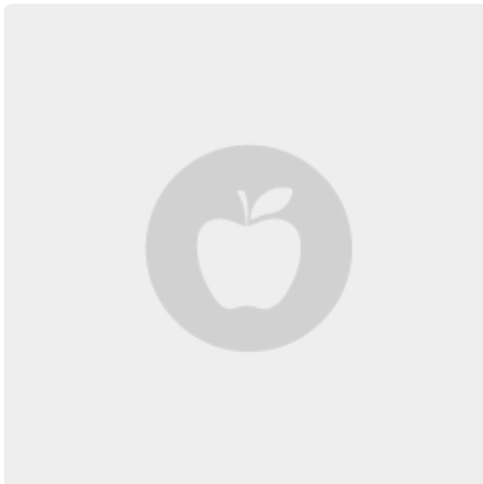


Oat & Banana Protein Muffins

By fresco box

Overview ...

U / 1359270



WEIGHT:

75.9% Carbs

12.9% Protein

11.1% Fat

Food Labelling...

EU Label values per 100g

Serves **6**

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	1071 kJ	13%	1349 kJ	16%
Energy(Kcal)	253 kcal	13%	319 kcal	16%
Fat	3.1 g	4%	3.9 g	6%
<i>of which saturates</i>	0.7 g	4%	0.8 g	4%
Carbohydrate	47 g	18%	59 g	23%
<i>of which sugars</i>	20 g	22%	25 g	28%
Fibre	2.3 g	9%	2.9 g	12%
Protein	8.1 g	16%	10 g	20%
Salt	0.42 g	7%	0.53 g	9%

CONTAINS:



OATS, WHEAT



ALMONDS



MILK

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 12% RI	Saturated Fat 3% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 12% RI	Monounsaturated fat 6% RI	Retinol
248kcal	<i>cis-Mono</i>	Carotene
1048kJ	Polyunsaturated fat 4% RI	Vitamin D 1% RI
Macronutrients	<i>Omega3(n-3)</i> 2% RI	Vitamin E 4% RI
Carbohydrate 18% RI	<i>Omega6(n-6)</i> 5% RI	Vitamin K ₁ 1% RI
Protein 16% RI	<i>cis-Poly</i>	Thiamin (B ₁) 21% RI
Fat 4% RI	Trans-fatty acids	Riboflavin (B ₂) 4% RI
Water	Cholesterol	Niacin total (B ₃) 11% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 7% RI	Tryptophan
Carbohydrate	Potassium 12% RI	Pantothenic Acid (B ₅) 5% RI
Starch	Chloride 12% RI	Vitamin B ₆ 13% RI
Oligosaccharide	Calcium 10% RI	Folic Acid (B ₉) 6% RI
Fibre 9% RI	Phosphorus 27% RI	Vitamin B ₁₂ 2% RI
NSP	Magnesium 9% RI	Biotin (B ₇) 7% RI
Sugars 22% RI	Iron 9% RI	Vitamin C 4% RI
Glucose	Zinc 6% RI	GI (estimated)
Galactose	Copper 13% RI	GL
Fructose	Manganese 35% RI	Caffeine
Sucrose	Selenium 2% RI	
Maltose	Iodine 1% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Bananas, flesh only	240g	2x Large
Flour, wheat, white, plain, soft	200g	
Oat flakes, rolled	80g	1x cup
Almond Milk, unsweetened	75ml	5x Prepacked portion/1 tablespoon
Sugar, castor	50g	8.3x heaped teaspoon
Sugar, brown	50g	0.3x cup unpacked
Whey protein concentrate powder, other flavours	40g	1.3x average serving/scoop
Oil, olive	10g	2.4x teaspoon
Baking powder	8g	2x level teaspoon
Salt	0.5g	1x average pinch of salt

1 Serving

126g

312