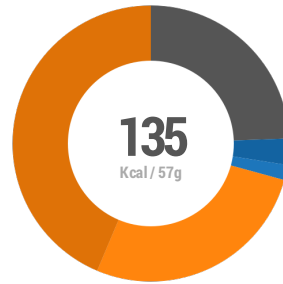
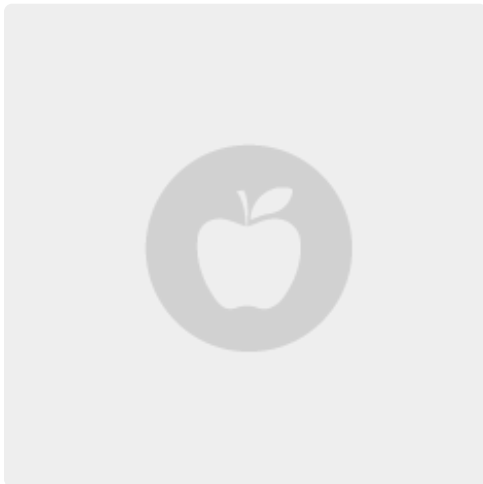


Portobello Mushroom

By fresco box

Overview ...

U / 1358446



WEIGHT:

4.8% Carbs

24.4% Protein

70.7% Fat

Food Labelling...

EU Label values per 57g

Serves

	PER 57G	%RI
Energy(Kj)	561 kJ	7%
Energy(Kcal)	135 kcal	7%
Fat	11 g	16%
of which saturates	6.5 g	33%
Carbohydrate	1.6 g	1%
of which sugars	1 g	1%
Fibre	0.5 g	2%
Protein	8.1 g	16%
Salt	0.55 g	9%

CONTAINS:



MILK

Nutrient Breakdown per 57g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 33% RI	Vitamin A (ret eq) 17% RI
Energy(Kj) 7% RI	Monounsaturated fat 10% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 1% RI	Polyunsaturated fat 2% RI	Vitamin D 2% RI
Protein 16% RI	Omega3(n-3)	Vitamin E 2% RI
Fat 15% RI	Omega6(n-6)	Vitamin K ₁ 2% RI
Water	cis-Poly	Thiamin (B ₁) 2% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 10% RI
Alcohol	Cholesterol	Niacin total (B ₃) 16% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 9% RI	Tryptophan
Oligosaccharide	Potassium 5% RI	Pantothenic Acid (B ₅) 4% RI
Fibre 2% RI	Chloride 40% RI	Vitamin B ₆ 8% RI
NSP	Calcium 28% RI	Folic Acid (B ₉) 7% RI
Sugars 1% RI	Phosphorus 24% RI	Vitamin B ₁₂ 29% RI
Glucose	Magnesium 3% RI	Biotin (B ₇) 3% RI
Galactose	Iron 2% RI	Vitamin C 16% RI
Fructose	Zinc 13% RI	Other
Sucrose	Copper 4% RI	GI (estimated)
Maltose	Manganese 2% RI	GL
Lactose	Selenium 5% RI	Caffeine
	Iodine 6% RI	

Recipe Ingredients ...	Quantity:	Description:
Cheese, Cheddar, English	30g	1x Average grated portion (1/4 cup)
Peppers, bell, raw, mixed	9g	0.8x ring slice
Onions, red, raw	7.5g	0.5x slice or in sandwich/wrap
Portabello mushrooms, grilled	5g	0x cup, sliced
Garlic, raw	3g	1x Average Portion
Aubergine, raw	2.4g	