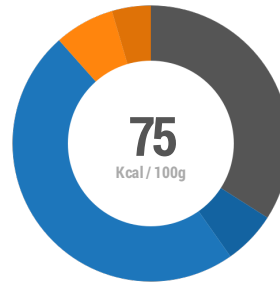
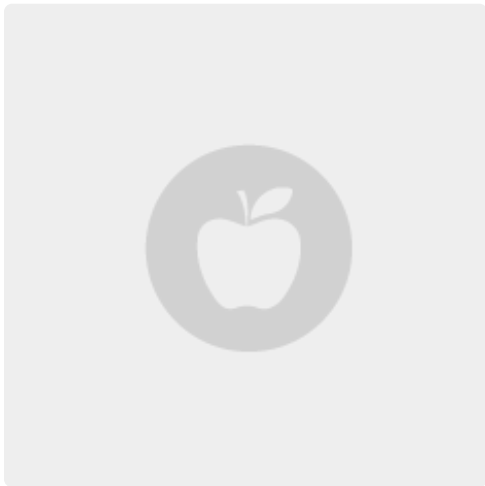


Prawn Curry

By fresco box

Overview ...

U / 2405527



WEIGHT:

54.4% Carbs

34% Protein

11.5% Fat

Food Labelling...

EU Label values per 100g

Serves

	PER 100G	%RI
Energy(Kj)	330 kJ	4%
Energy(Kcal)	78 kcal	4%
Fat	1 g	1%
<i>of which saturates</i>	0.4 g	2%
Carbohydrate	10 g	4%
<i>of which sugars</i>	1.2 g	1%
Fibre	1.3 g	5%
Protein	6.4 g	13%
Salt	0.42 g	7%

CONTAINS:



CRUSTACEANS

- ✓ LOW FAT
- ✓ LOW SUGAR
- ✓ HIGH IN PROTEIN
- ✓ SOURCE OF VITAMIN B12
- ✓ SOURCE OF MANGANESE
- ✓ LOW SATURATED FAT
- ✓ SOURCE OF FIBRE
- ✓ HIGH IN VITAMIN K
- ✓ HIGH IN CHLORIDE
- ✓ SOURCE OF SELENIUM

- ★ **Protein** contributes to the maintenance of muscle mass
- ★ **Vitamin B₁₂** contributes to normal functioning of the nervous system
- ★ **Selenium** contributes to the maintenance of normal nails
- ★ **Manganese** contributes to normal energy-yielding metabolism

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 2% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 4% RI	Monounsaturated fat 1% RI	Retinol
75kcal	<i>cis-Mono</i>	Carotene
316kJ	Polyunsaturated fat 1% RI	Vitamin D 0% RI
Macronutrients	<i>Omega3(n-3)</i> 3% RI	Vitamin E 14% RI
Carbohydrate 4% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K ₁ 32% RI
Protein 13% RI	<i>cis-Poly</i>	Thiamin (B ₁) 6% RI
Fat 1% RI	Trans-fatty acids	Riboflavin (B ₂) 2% RI
Water	Cholesterol	Niacin total (B ₃) 16% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 7% RI	Tryptophan
Carbohydrate	Potassium 7% RI	Pantothenic Acid (B ₅) 3% RI
Starch	Chloride 32% RI	Vitamin B ₆ 5% RI
Oligosaccharide	Calcium 4% RI	Folic Acid (B ₉) 6% RI
Fibre 5% RI	Phosphorus 13% RI	
NSP	Magnesium 8% RI	

Sugars **1% RI**
 Glucose
 Galactose
 Fructose
 Sucrose
 Maltose
 Lactose

1.2g
0.53g
0g
0.53g
0.09g

Iron 6% RI
 Zinc 6% RI
 Copper 13% RI
 Manganese 19% RI
 Selenium 18% RI
 Iodine 3% RI

0.89mg
0.62mg
0.13mg
0.38mg
9.9ug
4.6ug

Vitamin B₁₂ 26% RI
 Biotin (B₇) 4% RI
 Vitamin C 10% RI

Other

GI (estimated) **53**
 GL **5.3**
 Caffeine

Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	160g	1x Medium portion
Prawns, standard, purchased cooked	140g	1x Medium Portion (1 Cup)
Tomatoes, canned, whole contents	95g	1x Average Portion
Broccoli, green, boiled in unsalted water	85g	1x medium portion
Onions, raw	7.5g	0.5x slice or in sandwich/wrap
Coconut milk, canned	7.5g	0.5x tablespoon
Garlic, raw	1.5g	0.5x Average Portion
Turmeric, ground	1.1g	0.5x teaspoon
Curry powder	0.95g	0.5x teaspoon
Pepper, black	0.1g	1x average sprinkle