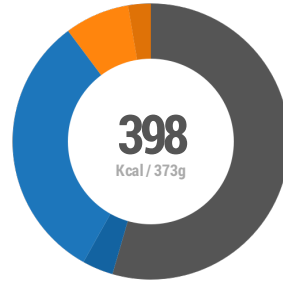


STICKY LEMON

By fresco box

Overview ...

U / 1358750



WEIGHT:

35.3% Carbs

54.5% Protein

10.2% Fat

Food Labelling...

EU Label values per 373g

Serves

	PER 373G	%RI
Energy(Kj)	1797 kJ	21%
Energy(Kcal)	424 kcal	21%
Fat	4.5 g	6%
<i>of which saturates</i>	1.2 g	6%
Carbohydrate	35 g	13%
<i>of which sugars</i>	3.6 g	4%
Fibre	3.9 g	16%
Protein	58 g	116%
Salt	0.76 g	13%

Nutrient Breakdown per 373g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 20% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 44% RI
Energy(Kj) 20% RI	Monounsaturated fat 7% RI	Retinol
398kcal	<i>cis-Mono</i>	Carotene
1685kJ	Polyunsaturated fat 6% RI	Vitamin D 10% RI
Macronutrients	<i>Omega3(n-3)</i> 9% RI	Vitamin E 4% RI
Carbohydrate 14% RI	<i>Omega6(n-6)</i> 7% RI	Vitamin K ₁ 0% RI
Protein 108% RI	<i>cis-Poly</i>	Thiamin (B ₁) 41% RI
Fat 6% RI	Trans-fatty acids	Riboflavin (B ₂) 21% RI
Water	Cholesterol	Niacin total (B ₃) 249% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 13% RI	Tryptophan
Carbohydrate	Potassium 47% RI	Pantothenic Acid (B ₅) 48% RI
Starch	Chloride 59% RI	Vitamin B ₆ 83% RI
Oligosaccharide	Calcium 9% RI	Folic Acid (B ₉) 31% RI
Fibre 16% RI	Phosphorus 98% RI	Vitamin B ₁₂ 0% RI
NSP	Magnesium 34% RI	Biotin (B ₇) 9% RI
Sugars 4% RI	Iron 14% RI	Vitamin C 27% RI
Glucose	Zinc 24% RI	Other
Galactose	Copper 22% RI	GI (estimated)
Fructose	Manganese 61% RI	GL
Sucrose	Selenium 55% RI	Caffeine
Maltose	Iodine 8% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Chicken, breast, grilled without skin, meat only	160g	1x large fillet
Rice, brown, wholegrain, boiled in unsalted water	110g	1.4x Small portion
Vegetables, mixed, frozen, boiled in unsalted water	84g	1x Average Portion
Lemons, whole, without pips	18g	1x Wedge
Salt	0.5g	1x average pinch of salt
Pepper, black	0.1g	1x average sprinkle