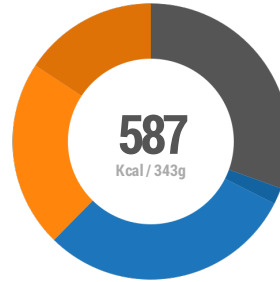


# Shredded Beef final

By fresco box

Overview ...

U / 1358767



WEIGHT:

**31.8% Carbs**

**30.5% Protein**

**37.6% Fat**

Food Labelling...

## EU Label values per 343g

Serves

	PER 343G	%RI
Energy(Kj)	<b>2522</b> kJ	<b>30%</b>
Energy(Kcal)	<b>601</b> kcal	<b>30%</b>
Fat	<b>25</b> g	<b>36%</b>
<i>of which saturates</i>	<b>10</b> g	<b>50%</b>
Carbohydrate	<b>47</b> g	<b>18%</b>
<i>of which sugars</i>	<b>2.8</b> g	<b>3%</b>
Fibre	<b>5.7</b> g	<b>23%</b>
Protein	<b>45</b> g	<b>90%</b>
Salt	<b>0.25</b> g	<b>4%</b>

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS

Nutrient Breakdown per 343g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 29% RI	Saturated Fat <b>51% RI</b>	Vitamin A (ret eq) 14% RI
Energy(Kj) 29% RI	Monounsaturated fat 34% RI	Retinol
<b>587kcal</b>	<i>cis-Mono</i>	Carotene
<b>2463kJ</b>	Polyunsaturated fat 9% RI	Vitamin D 15% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 2% RI	Vitamin E 14% RI
Carbohydrate 18% RI	<i>Omega6(n-6)</i> 3% RI	Vitamin K <sub>1</sub> 153% RI
Protein 90% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 17% RI
Fat <b>35% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 23% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 105% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin
Alcohol	Sodium <b>4% RI</b>	Tryptophan
<b>Carbohydrate</b>	Potassium 31% RI	Pantothenic Acid (B <sub>5</sub> ) 23% RI
Starch	Chloride 28% RI	Vitamin B <sub>6</sub> 30% RI
Oligosaccharide	Calcium 12% RI	Folic Acid (B <sub>9</sub> ) 30% RI
Fibre 23% RI	Phosphorus 57% RI	Vitamin B <sub>12</sub> 101% RI
NSP	Magnesium 18% RI	Biotin (B <sub>7</sub> ) 13% RI
Sugars <b>3% RI</b>	Iron 28% RI	Vitamin C 47% RI
Glucose	Zinc 81% RI	<b>Other</b>
Galactose	Copper 24% RI	GI (estimated)
Fructose	Manganese 39% RI	GL
Sucrose	Selenium 48% RI	Caffeine
Maltose	Iodine 10% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Pasta, white, dried, boiled in unsalted water	<b>130g</b>	1x Medium portion
Beef, brisket, boiled, lean and fat	<b>120g</b>	
Broccoli, green, boiled in unsalted water	<b>85g</b>	1x medium portion
Cheese, Cheddar, English	<b>5g</b>	0.3x Average prepacked slice (sandwich
Garlic, raw	<b>1.5g</b>	0.5x Average Portion
Milk, semi-skimmed, UHT	<b>0.75g</b>	0x Added to instant hot drinks
Butter, unsalted	<b>0.5g</b>	0x cup
Bay leaf, dried	<b>0.1g</b>	0.1x average