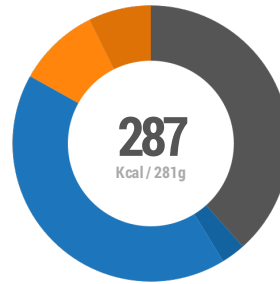
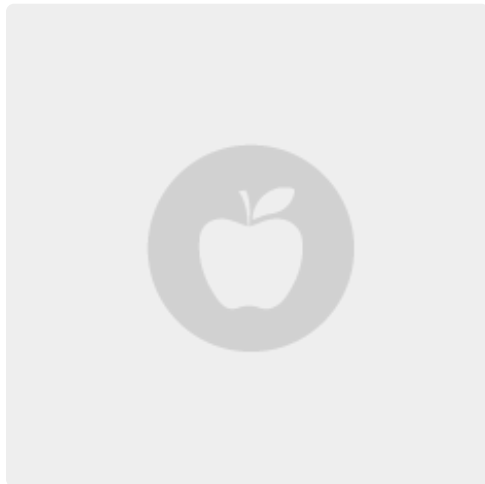


Teriyaki Beef

By fresco box

Overview ...

U / 1459956



WEIGHT:

44.7% Carbs

38.4% Protein

16.9% Fat

Food Labelling...

EU Label values per 281g

Serves

	PER 281G	%RI
Energy(Kj)	1238 kJ	15%
Energy(Kcal)	293 kcal	15%
Fat	5.4 g	8%
of which saturates	2.3 g	12%
Carbohydrate	32 g	12%
of which sugars	2 g	2%
Fibre	2.4 g	10%
Protein	28 g	56%
Salt	0.77 g	13%

CONTAINS:



WHEAT

SOYA

- ✓ LOW FAT
- ✓ LOW SUGAR
- ✓ HIGH IN PROTEIN
- ✓ SOURCE OF CHLORIDE
- ✓ LOW SATURATED FAT
- ✓ LOW SALT
- ✓ SOURCE OF VITAMIN B12
- ✓ SOURCE OF ZINC

- ★ **Protein** contributes to a growth in muscle mass
- ★ **Vitamin B₁₂** contributes to the normal function of the immune system
- ★ **Zinc** contributes to the maintenance of normal vision

Nutrient Breakdown per 281g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 14% RI	Saturated Fat 12% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 14% RI	Monounsaturated fat 7% RI	Retinol
287kcal	<i>cis-Mono</i>	Carotene
1204kJ	Polyunsaturated fat 3% RI	Vitamin D 6% RI
Macronutrients	<i>Omega3(n-3)</i> 3% RI	Vitamin E 2% RI
Carbohydrate 12% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 2% RI
Protein 55% RI	<i>cis-Poly</i>	Thiamin (B ₁) 7% RI
Fat 8% RI	Trans-fatty acids	Riboflavin (B ₂) 14% RI
Water	Cholesterol	Niacin total (B ₃) 78% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 13% RI	Tryptophan
Carbohydrate	Potassium 15% RI	Pantothenic Acid (B ₅) 10% RI
Starch	Chloride 67% RI	Vitamin B ₆ 22% RI
Oligosaccharide	Calcium 6% RI	Folic Acid (B ₉) 12% RI
Fibre 9% RI	Phosphorus 31% RI	Vitamin B ₁₂ 46% RI
NSP	Magnesium 8% RI	
Sugars 2% RI	Iron 16% RI	
Glucose		

Glucose
Galactose
Fructose
Sucrose
Maltose
Lactose

0.11g
0.61g
0.66g

Zinc 50% RI
Copper 11% RI
Manganese 14% RI
Selenium 18% RI
Iodine 9% RI

5mg
0.11mg
0.29mg
10.1ug
14.2ug

Biotin (B₇) 3% RI
Vitamin C 11% RI

1.6ug
9.2mg

Other

GI (estimated) 46
GL 14.7
Caffeine

Recipe Ingredients ...	Quantity:	Description:
Noodles, rice, fine, dried, boiled in unsalted water	200g	0.7x Average serving
Beef, fillet steak, grilled, lean	108g	1x average 5oz
Aubergine, raw	15g	0.1x aubergine
Courgette, raw	15g	1.5x per slice
Onions, red, raw	15g	2.8x homemade sandwich filling
Peppers, bell, raw, mixed	8g	1x slice (strip eg. in fajita)
Soy sauce, light and dark varieties	6g	1x Average Portion