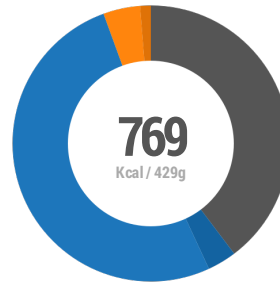
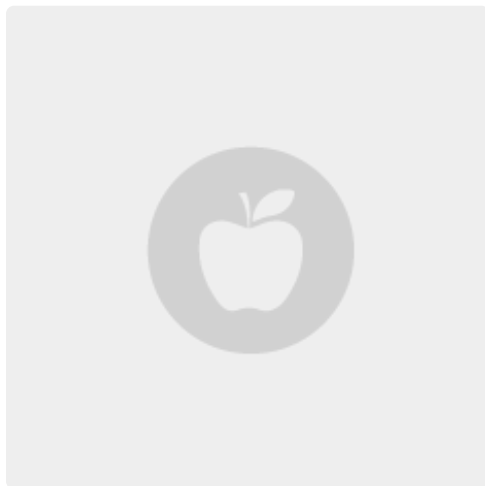


Tuna Steak

By fresco box

Overview ...

U / 1358444



WEIGHT:

54.7% Carbs

39.7% Protein

5.5% Fat

Food Labelling...

EU Label values per 429g

Serves

	PER 429G	%RI
Energy(Kj)	3381 kJ	40%
Energy(Kcal)	798 kcal	40%
Fat	4.7 g	7%
<i>of which saturates</i>	1.1 g	6%
Carbohydrate	105 g	40%
<i>of which sugars</i>	6.5 g	7%
Fibre	12 g	48%
Protein	78 g	156%
Salt	0.82 g	14%

CONTAINS:



WHEAT



FISH

- ✓ **LOW FAT**
- ✓ **LOW SUGAR**
- ✓ **HIGH IN PROTEIN**
- ✓ **SOURCE OF VITAMIN D**
- ✓ **HIGH IN VITAMIN B12**
- ✓ **HIGH IN SELENIUM**
- ✓ **LOW SATURATED FAT**
- ✓ **SOURCE OF FIBRE**
- ✓ **HIGH IN VITAMIN A**
- ✓ **HIGH IN NIACIN**
- ✓ **SOURCE OF MANGANESE**

Nutrient Breakdown per 429g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 38% RI	Saturated Fat 5% RI	1.1g Vitamin A (ret eq) 226% RI
Energy(Kj) 39% RI	Monounsaturated fat 3% RI	1809ug Retinol
769kcal	<i>cis-Mono</i>	147ug Carotene
3260kJ	Polyunsaturated fat 10% RI	8725ug Vitamin D 105% RI
Macronutrients	<i>Omega3(n-3)</i> 12% RI	5.3ug Vitamin E 8% RI
Carbohydrate 40% RI	<i>Omega6(n-6)</i> 9% RI	0.91mg Vitamin K ₁ 34% RI
Protein 153% RI	<i>cis-Poly</i>	25.8ug Thiamin (B ₁) 41% RI
Fat 7% RI	Trans-fatty acids	0.45mg Riboflavin (B ₂) 13% RI
Water	Cholesterol	0.19mg Niacin total (B ₃) 360% RI
Water from Drinks	Minerals & trace elements	58mg Niacin
Alcohol	Sodium 14% RI	31.8mg Tryptophan
Carbohydrate	Potassium 64% RI	1071mg Pantothenic Acid (B ₅) 22% RI
Starch	Chloride 95% RI	1.3mg Vitamin B ₆ 47% RI
Oligosaccharide	Calcium 12% RI	0.66mg Folic Acid (B ₉) 23% RI
Fibre 49% RI	Phosphorus 128% RI	47ug Vitamin B ₁₂ 149% RI
NSP	Magnesium 53% RI	3.7ug Iron 34% RI
Sugars 7% RI	Iron 34% RI	10.9ug Biotin (B ₇) 22% RI
Glucose	Zinc 39% RI	5.3mg Vitamin C 7% RI
Galactose	Copper 73% RI	
Fructose	Manganese 116% RI	Other
Sucrose	Selenium 322% RI	GI (estimated)
Maltose	Iodine 29% RI	GL
Lactose		Caffeine

Recipe Ingredients ...	Quantity:	Description:
Tuna, flesh only, baked	188g	3.8x Small
Wheat, bulgur, raw	140g	1x cup
Carrots, old, boiled in unsalted water	90g	1x NHS serving (1 medium carrot)
Spring onions, bulbs and tops, raw	10g	1x average
Salt	0.5g	1x average pinch of salt
Pepper, black	0.1g	1x average sprinkle