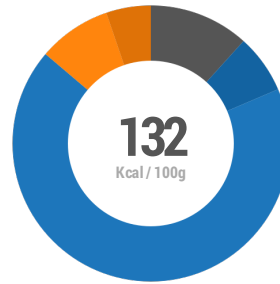
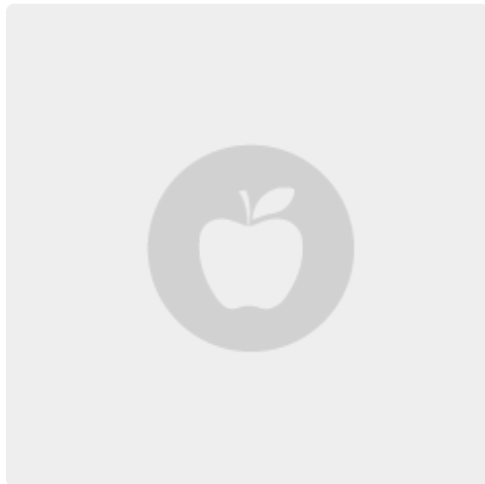


# Vegetable Buritto

By fresco box

Overview ...

U / 2405533



WEIGHT:

**74.5% Carbs**

**11.7% Protein**

**13.8% Fat**

Food Labelling...

## EU Label values per 100g

Serves

|                           | PER 100G        | %RI |
|---------------------------|-----------------|-----|
| Energy(Kj)                | <b>580</b> kJ   | 7%  |
| Energy(Kcal)              | <b>137</b> kcal | 7%  |
| Fat                       | <b>2</b> g      | 3%  |
| <i>of which saturates</i> | <b>0.8</b> g    | 4%  |
| Carbohydrate              | <b>25</b> g     | 10% |
| <i>of which sugars</i>    | <b>2.3</b> g    | 3%  |
| Fibre                     | <b>2.4</b> g    | 10% |
| Protein                   | <b>4.1</b> g    | 8%  |
| Salt                      | <b>0.42</b> g   | 7%  |

CONTAINS:



MAY CONTAIN:



Nutrient Breakdown per 100g...

| Energy                | Lipid Components                     | Vitamins                                 |
|-----------------------|--------------------------------------|--|
| Energy(Kcal) 7% RI    | Saturated Fat <b>4% RI</b>           | Vitamin A (ret eq) 14% RI                |
| Energy(Kj) 7% RI      | Monounsaturated fat 2% RI            | Retinol                                  |
| <b>132kcal</b>        | <i>cis-Mono</i>                      | Carotene                                 |
| <b>557kJ</b>          | Polyunsaturated fat 3% RI            | Vitamin D                                |
| <b>Macronutrients</b> | <i>Omega3(n-3)</i> 7% RI             | Vitamin E 3% RI                          |
| Carbohydrate 9% RI    | <i>Omega6(n-6)</i> 4% RI             | Vitamin K <sub>1</sub> 1% RI             |
| Protein 8% RI         | <i>cis-Poly</i>                      | Thiamin (B <sub>1</sub> ) 11% RI         |
| Fat <b>3% RI</b>      | Trans-fatty acids                    | Riboflavin (B <sub>2</sub> ) 1% RI       |
| Water                 | Cholesterol                          | Niacin total (B <sub>3</sub> ) 14% RI    |
| Water from Drinks     | <b>Minerals &amp; trace elements</b> | Niacin                                   |
| Alcohol               | Sodium <b>7% RI</b>                  | Tryptophan                               |
| <b>Carbohydrate</b>   | Potassium 7% RI                      | Pantothenic Acid (B <sub>5</sub> ) 2% RI |
| Starch                | Chloride 3% RI                       | Vitamin B <sub>6</sub> 12% RI            |
| Oligosaccharide       | Calcium 6% RI                        | Folic Acid (B <sub>9</sub> ) 4% RI       |
| Fibre <b>10% RI</b>   | Phosphorus 16% RI                    | Vitamin B <sub>12</sub>                  |
| NSP                   | Magnesium 7% RI                      | Biotin (B <sub>7</sub> ) 1% RI           |
| Sugars <b>3% RI</b>   | Iron 6% RI                           | Vitamin C 58% RI                         |
| Glucose               | Zinc 5% RI                           | <b>Other</b>                             |
| Galactose             | Copper 6% RI                         | GI (estimated)                           |
| Fructose              | Manganese 24% RI                     | GL                                       |
| Sucrose               | Selenium 4% RI                       | Caffeine                                 |
| Maltose               | Iodine 0% RI                         |  |
| Lactose               |                                      |  |

| Recipe Ingredients ...                            | Quantity:   | Description:                   |
|---|-------------|--------------------------------|
| Rice, brown, wholegrain, boiled in unsalted water | <b>80g</b>  | 1x Small portion               |
| Peppers, bell, raw, mixed                         | <b>80g</b>  | 1x NHS serving (1/2 pepper)    |
| Tortilla, wheat flour, soft                       | <b>60g</b>  | 1x average                     |
| Onions, red, raw                                  | <b>2.6g</b> | 0.5x homemade sandwich filling |
| Garlic, raw                                       | <b>1.5g</b> | 0.5x Average Portion           |
| Paprika   | <b>1.1g</b> | 0.5x teaspoon                  |