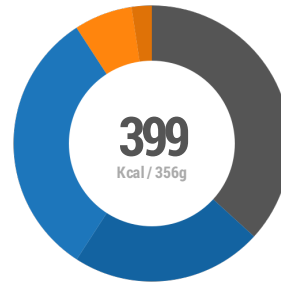
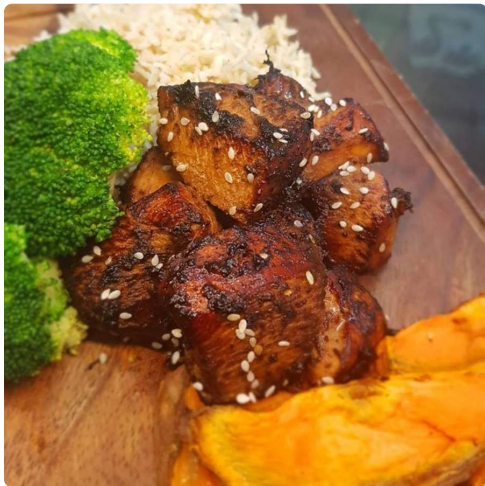


# satay chicken

By fresco box

Overview ...

U / 1360995



WEIGHT:

**54.1% Carbs**

**36.8% Protein**

**9.2% Fat**

Food Labelling...

## EU Label values per 356g

Serves

	PER 356G	%RI
Energy(Kj)	<b>1772</b> kJ	21%
Energy(Kcal)	<b>419</b> kcal	21%
Fat	<b>4.1</b> g	6%
<i>of which saturates</i>	<b>1</b> g	5%
Carbohydrate	<b>54</b> g	21%
<i>of which sugars</i>	<b>22</b> g	24%
Fibre	<b>4.4</b> g	18%
Protein	<b>39</b> g	78%
Salt	<b>0.89</b> g	15%

CONTAINS:



- ✓ LOW FAT
- ✓ LOW SALT
- ✓ HIGH IN VITAMIN A
- ✓ SOURCE OF VITAMIN B6
- ✓ SOURCE OF CHLORIDE
- ✓ SOURCE OF MANGANESE
- ✓ LOW SATURATED FAT
- ✓ HIGH IN PROTEIN
- ✓ HIGH IN NIACIN
- ✓ SOURCE OF VITAMIN B5
- ✓ SOURCE OF PHOSPHORUS

- ★ **Protein** contributes to a growth in muscle mass
- ★ **Vitamin A (ret eq)** contributes to the maintenance of normal skin
- ★ **Niacin** contributes to normal functioning of the nervous system
- ★ **Vitamin B<sub>6</sub>** contributes to normal red blood cell formation
- ★ **Pantothenic Acid (B<sub>5</sub>)** contributes to the reduction of tiredness and fatigue
- ★ **Phosphorus** contributes to ps contributes to the maintenance of normal teeth
- ★ **Manganese** contributes to the normal formation of connective tissue

Nutrient Breakdown per 356g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 20% RI	Saturated Fat <b>5% RI</b>	<b>1g</b> Vitamin A (ret eq) 125% RI
Energy(Kj) 20% RI	Monounsaturated fat 6% RI	<b>1.6g</b> Retinol
	<i>cis-Mono</i>	<b>1.6g</b> Carotene
	Polyunsaturated fat 8% RI	<b>1.3g</b> Vitamin D 7% RI
	<i>Omega3(n-3)</i> 7% RI	<b>0.15g</b> Vitamin E 7% RI
	<i>Omega6(n-6)</i> 8% RI	<b>1.2g</b> Vitamin K <sub>1</sub> 3% RI
	<i>cis-Poly</i>	<b>1g</b> Thiamin (B <sub>1</sub> ) 26% RI
	Trans-fatty acids	<b>0.03g</b> Riboflavin (B <sub>2</sub> ) 16% RI
	Cholesterol	<b>103mg</b> Niacin total (B <sub>3</sub> ) 168% RI
		<b>1g</b> Niacin
		<b>0.03g</b> Tryptophan
		<b>103mg</b> Pantothenic Acid (B <sub>5</sub> ) 125% RI
Macronutrients	Minerals & trace elements	
Carbohydrate 21% RI	Sodium <b>15% RI</b>	<b>1000ug</b>
Protein 73% RI	Potassium 52% RI	<b>0ug</b>
Fat <b>6% RI</b>		<b>5642ug</b>
Water		<b>0.35ug</b>
Water from Drinks		<b>0.85mg</b>
Alcohol		<b>2.1ug</b>
		<b>0.29mg</b>
		<b>0.23mg</b>
		<b>26.9mg</b>
		<b>18.3mg</b>
		<b>437mg</b>
		<b>4.2mg</b>

Starch  
 Oligosaccharide  
 Fibre **18% RI**  
 NSP  
 Sugars **25% RI**  
*Glucose*  
*Galactose*  
*Fructose*  
*Sucrose*  
*Maltose*  
*Lactose*

**30.4g**  
**4.4g**  
**3.9g**  
**22.3g**  
**0.11g**  
  
**0.13g**  
**0.13g**  
 Chloride 73% RI  
 Calcium 6% RI  
 Phosphorus 66% RI  
 Magnesium 32% RI  
 Iron 14% RI  
 Zinc 18% RI  
 Copper 39% RI  
 Manganese 59% RI  
 Selenium 40% RI  
 Iodine 9% RI

**587mg**  
**48mg**  
**464mg**  
**119mg**  
**2mg**  
**1.8mg**  
**0.39mg**  
**1.2mg**  
**22.3ug**  
**13.5ug**  
 Pantothenic Acid (B<sub>5</sub>) **67% RI** **4mg**  
 Vitamin B<sub>6</sub> **65% RI** **0.9mg**  
 Folic Acid (B<sub>9</sub>) **12% RI** **23.9ug**  
 Vitamin B<sub>12</sub> **0% RI** **0ug**  
 Biotin (B<sub>7</sub>) **5% RI** **2.3ug**  
 Vitamin C **31% RI** **24.4mg**  
 Other  
 GI (estimated) **55**  
 GL **29.7**  
 Caffeine

Recipe Ingredients ...	Quantity:	Description:
Sweet potato, boiled in unsalted water, flesh only	<b>130g</b>	1x small 5
Chicken, breast, grilled without skin, meat only	<b>100g</b>	1x Pieces in a long roll
Brown rice, basmati, boiled	<b>90g</b>	0.5x Average Portion
Chilli powder	<b>1.4g</b>	0.5x teaspoon
Oil, sesame	<b>1g</b>	0.3x teaspoon
Soy sauce, light and dark varieties	<b>1g</b>	0.2x Average Portion
Garlic powder	<b>1g</b>	0.3x teaspoon
Chilli powder	<b>0.5g</b>	0.2x teaspoon