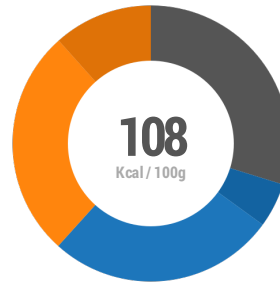
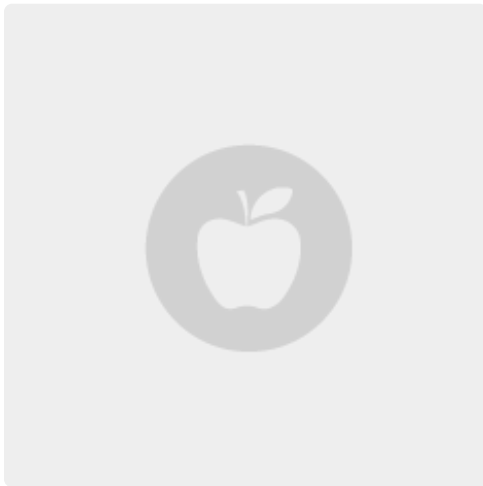


Coconut curry with salmon and rice (lighter) copy

By Bridgette Wilson from Kings College London

Overview ...

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WEIGHT:

31.9% Carbs

29.8% Protein

38.3% Fat

Food Labelling...

EU Label values per 100g

Serves **15**

	PER 100G	%RI	PER 433G SERVING	%RI
Energy(Kj)	467 kJ	6%	2023 kJ	24%
Energy(Kcal)	111 kcal	6%	483 kcal	24%
Fat	4.6 g	7%	20 g	29%
<i>of which saturates</i>	1.4 g	7%	6 g	30%
Carbohydrate	8.7 g	3%	37 g	14%
<i>of which sugars</i>	1.4 g	2%	6.1 g	7%
Fibre	1.4 g	6%	6.2 g	25%
Protein	8.1 g	16%	35 g	70%
Salt	0.05 g	1%	0.2 g	3%

CONTAINS:



FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 7% RI	Vitamin A (ret eq) 12% RI
Energy(Kj) 5% RI	Monounsaturated fat 5% RI	Retinol
108kcal	<i>cis-Mono</i>	Carotene
454kJ	Polyunsaturated fat 7% RI	Vitamin D 51% RI
Macronutrients	<i>Omega3(n-3)</i> 38% RI	Vitamin E 10% RI
Carbohydrate 3% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K ₁ 16% RI
Protein 16% RI	<i>cis-Poly</i>	Thiamin (B ₁) 11% RI
Fat 7% RI	Trans-fatty acids	Riboflavin (B ₂) 5% RI
Water	Cholesterol	Niacin total (B ₃) 26% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 1% RI	Tryptophan
Carbohydrate	Potassium 12% RI	Pantothenic Acid (B ₅) 7% RI
Starch	Chloride 5% RI	Vitamin B ₆ 22% RI
Oligosaccharide	Calcium 3% RI	Folates (B ₉) Total 10% RI
Fibre 6% RI	Phosphorus 17% RI	Vitamin B ₁₂ 47% RI
NSP	Magnesium 8% RI	Vitamin B ₇ 5% RI
Sugars 2% RI	Iron 5% RI	Vitamin C 10% RI
Glucose	Zinc 6% RI	Other
Galactose	Copper 7% RI	GI (estimated)
Fructose	Manganese 13% RI	GL
Sucrose	Selenium 16% RI	
Maltose	Iodine 1% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Broccoli, green, raw	380g	4x cup, chopped	0.00
Squash, butternut, baked	1000g	4.9x cup cubes	0.00
Onions, raw	240g	1x large	0.00
Garlic, raw	18g	6x Average Portion	0.00
Ginger, fresh	15g	3x Average Portion	0.00
Turmeric, ground	13.6g	2x tablespoon	0.00
Curry powder	6g	1x tablespoon	0.00
Garam masala	3g	0.5x tablespoon	0.00
Tomatoes, canned, whole contents	400g	1x can	0.00
Coriander, fresh, raw	16g	4x Average Portion	0.00
Coconut milk, light, canned	800g	2x average can	0.00
Salmon, baked	1.8kg		0.00
Wild rice, cooked	900g	5.5x cup	0.00
Rice, brown, wholegrain, boiled in unsalted water	900g	3x Large portion	0.00

TOTAL COST: **0.00** RRP: **0.00**

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	433g	468	0.00	

Ingredient List (QUID) ...

Salmon (27.7%) (**Fish**), Butternut squash (15.4%), Rice (13.9%), Brown rice (13.9%), Light coconut milk (12.3%), Tomatoes (6.2%), Broccoli (5.9%), Onions (3.7%), Garlic (0.28%), Coriander (0.25%), Ginger (0.23%), Turmeric (0.21%), Curry powder (0.09%), Garam masala (0.05%)
For allergens, see items in bold.