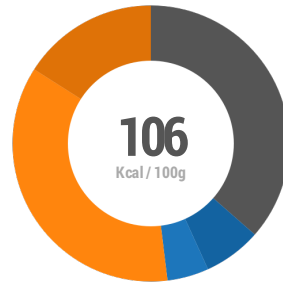
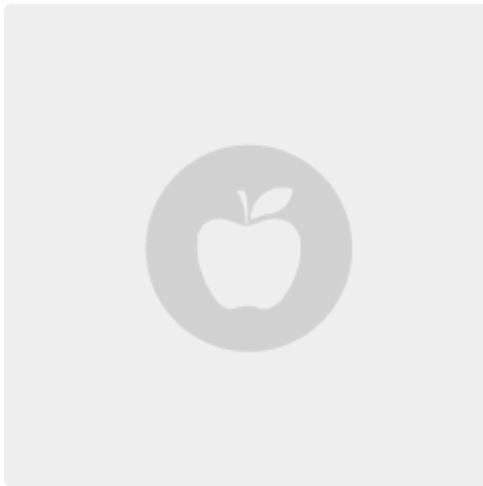


Coconut curry with salmon (lighter)

By Bridgette Wilson from Kings College London

Overview ...

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WEIGHT:

11.6% Carbs

36.5% Protein

51.9% Fat

Food Labelling...

EU Label values per 100g

Serves **15**

	PER 100G	%RI	PER 313G SERVING	%RI
Energy(Kj)	457 kJ	5%	1430 kJ	17%
Energy(Kcal)	109 kcal	5%	343 kcal	17%
Fat	6.1 g	9%	19 g	27%
<i>of which saturates</i>	1.9 g	10%	5.9 g	30%
Carbohydrate	3.1 g	1%	9.8 g	4%
<i>of which sugars</i>	1.8 g	2%	5.6 g	6%
Fibre	1.4 g	6%	4.3 g	17%
Protein	9.7 g	19%	30 g	60%
Salt	0.06 g	1%	0.19 g	3%

CONTAINS:



FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 9% RI	Vitamin A (ret eq) 17% RI
Energy(Kj) 5% RI	Monounsaturated fat 7% RI	Retinol
106kcal	<i>cis-Mono</i>	Carotene
444kJ	Polyunsaturated fat 9% RI	Vitamin D 70% RI
Macronutrients	<i>Omega3(n-3)</i> 53% RI	Vitamin E 13% RI
Carbohydrate 1% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 22% RI
Protein 19% RI	<i>cis-Poly</i>	Thiamin (B ₁) 12% RI
Fat 9% RI	Trans-fatty acids	Riboflavin (B ₂) 5% RI
Water	Cholesterol	Niacin total (B ₃) 31% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 1% RI	Tryptophan
Carbohydrate	Potassium 15% RI	Pantothenic Acid (B ₅) 8% RI
Starch	Chloride 7% RI	Vitamin B ₆ 28% RI
Oligosaccharide	Calcium 3% RI	Folates (B ₉) Total 11% RI
Fibre 5% RI	Phosphorus 19% RI	Vitamin B ₁₂ 65% RI
NSP	Magnesium 6% RI	Biotin (B ₇) 7% RI
Sugars 2% RI	Iron 5% RI	Vitamin C 14% RI
Glucose	Zinc 4% RI	Other
Galactose	Copper 6% RI	GI (estimated)
Fructose	Manganese 6% RI	GL
Sucrose	Selenium 21% 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

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

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	313g	333	0.00	

Ingredient List (QUID) ...

Salmon (38.4%) (**Fish**), Butternut squash (21.3%), Light coconut milk (17.1%), Tomatoes (8.5%), Broccoli (8.1%), Onions (5.1%), Garlic (0.38%), Coriander (0.34%), Ginger (0.32%), Turmeric (0.29%), Curry powder (0.13%), Garam masala (0.06%)
For allergens, see items in bold.