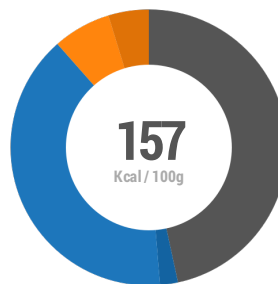
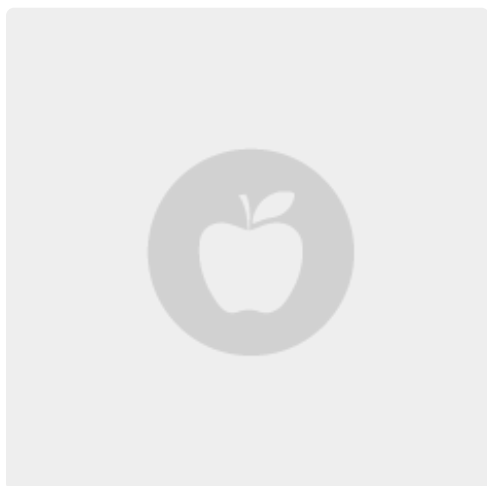


Jerk chicken, rice and peas, coleslaw

By Bridgette Wilson from Kings College London

Overview ...

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WEIGHT:

41.9% Carbs

46.6% Protein

11.5% Fat

Food Labelling...

EU Label values per 100g

Serves **12**

	PER 100G	%RI	PER 261G SERVING	%RI
Energy(Kj)	692 kJ	8%	1806 kJ	22%
Energy(Kcal)	164 kcal	8%	428 kcal	21%
Fat	2 g	3%	5.2 g	7%
<i>of which saturates</i>	0.8 g	4%	2.2 g	11%
Carbohydrate	17 g	7%	43 g	17%
<i>of which sugars</i>	0.8 g	1%	2.1 g	2%
Fibre	3.3 g	13%	8.5 g	34%
Protein	18 g	36%	48 g	96%
Salt	0.4 g	7%	1 g	17%

MAY CONTAIN:



GLUTEN

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 1% RI
Energy(Kj) 8% RI	Monounsaturated fat 2% RI	Retinol
157kcal	<i>cis-Mono</i>	Carotene
666kJ	Polyunsaturated fat 2% RI	Vitamin D 3% RI
Macronutrients	<i>Omega3(n-3)</i> 2% RI	Vitamin E 2% RI
Carbohydrate 6% RI	<i>Omega6(n-6)</i> 2% RI	Vitamin K ₁ 1% RI
Protein 37% RI	<i>cis-Poly</i>	Thiamin (B ₁) 14% RI
Fat 3% RI	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Water	Cholesterol	Niacin total (B ₃) 73% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 7% RI	Tryptophan
Carbohydrate	Potassium 18% RI	Pantothenic Acid (B ₅) 16% RI
Starch	Chloride 30% RI	Vitamin B ₆ 25% RI
Oligosaccharide	Calcium 2% RI	Folates (B ₉) Total 7% RI
Fibre 13% RI	Phosphorus 33% RI	Vitamin B ₁₂ 0% RI
NSP	Magnesium 13% RI	Biotin (B ₇) 4% RI
Sugars 1% RI	Iron 6% RI	Vitamin C 2% RI
Glucose	Zinc 9% RI	Other
Galactose	Copper 12% RI	GI (estimated)
Fructose	Manganese 31% RI	GL
Sucrose	Selenium 18% RI	
Maltose	Iodine 2% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Beans, red kidney, dried, raw	138g	0.8x cup	0.00
Rice, brown, wholegrain, raw	600g	3x cup	0.00
Coconut flour	120g	1x cup	0.00
Water, tap, drinking	625g	2.5x cup	0.00
Onions, raw	150g	1x medium	0.00
Spring onions, bulbs and tops, raw	10g	1x average	0.00
Garlic, raw	9g	3x Average Portion	0.00
Ginger, fresh	5g	1x Average Portion	0.00
Thyme, fresh	8g	2x Average Portion	0.00
Thai Red Chilli	17.4g	20g incl waste	0.00
Allspice, ground	0.5g	0.3x teaspoon	0.00
Salt	10g	2x level teaspoon	0.00
Chicken, breast, grilled without skin, meat only	1.44kg	9x large fillet	0.00
TOTAL COST:			0.00
RRP:			0.00

Portions / Pack Sizes:

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	261g	411	0.00	

Ingredient List (QUID) ...

Chicken (46%), Water (19.9%), Brown rice (19.2%), Onions (4.8%), Red kidney beans (4.4%), Coconut flour (3.8%), Red chilli (0.56%), Spring onions (0.32%), Salt (0.32%), Garlic (0.29%), Thyme (0.26%), Ginger (0.16%), Allspice (0.02%)
For allergens, see items in bold. (May also contain traces of Gluten)