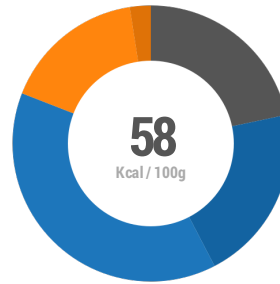
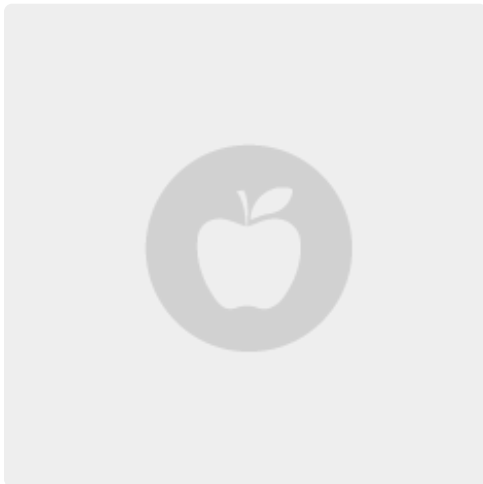


# Chickpea and okra stew

By Bridgette Wilson from Kings College London

Overview ...

U / 2505805



WEIGHT:

**59.2% Carbs**

**21.7% Protein**

**19.1% Fat**

Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 177G SERVING	%RI
Energy(Kj)	<b>276</b> kJ	3%	<b>488</b> kJ	6%
Energy(Kcal)	<b>66</b> kcal	3%	<b>116</b> kcal	6%
Fat	<b>1.2</b> g	2%	<b>2.2</b> g	3%
<i>of which saturates</i>	<b>0.2</b> g	1%	<b>0.3</b> g	2%
Carbohydrate	<b>8.6</b> g	3%	<b>15</b> g	6%
<i>of which sugars</i>	<b>3</b> g	3%	<b>5.3</b> g	6%
Fibre	<b>3.1</b> g	12%	<b>5.5</b> g	22%
Protein	<b>3.1</b> g	6%	<b>5.6</b> g	11%
Salt	<b>0.31</b> g	5%	<b>0.55</b> g	9%

CONTAINS:



CELERY

## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat 1% RI	Vitamin A (ret eq) 35% RI
Energy(Kj) 3% RI	Monounsaturated fat 1% RI	Retinol
<b>58kcal</b>	<i>cis-Mono</i>	Carotene
<b>246kJ</b>	Polyunsaturated fat 3% RI	Vitamin D
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 0% RI	Vitamin E 6% RI
Carbohydrate 3% RI	<i>Omega6(n-6)</i> 0% RI	Vitamin K <sub>1</sub> 3% RI
Protein 6% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 7% RI
Fat 2% RI	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 2% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 6% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin
Alcohol	Sodium 5% RI	Tryptophan
<b>Carbohydrate</b>	Potassium 9% RI	Pantothenic Acid (B <sub>5</sub> ) 2% RI
Starch	Chloride 29% RI	Vitamin B <sub>6</sub> 6% RI
Oligosaccharide	Calcium 5% RI	Folates (B <sub>9</sub> ) Total 8% RI
Fibre 12% RI	Phosphorus 7% RI	Vitamin B <sub>12</sub>
NSP	Magnesium 5% RI	Biotin (B <sub>7</sub> ) 1% RI
Sugars 3% RI	Iron 7% RI	Vitamin C 10% RI
Glucose	Zinc 4% RI	<b>Other</b>
Galactose	Copper 5% RI	GI (estimated)
Fructose	Manganese 18% RI	GL
Sucrose	Selenium 1% RI	
Maltose	Iodine 1% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Onions, raw	300g	2x medium	0.00
Garlic, raw	12g	4x Average Portion	0.00
Carrots, old, raw	200g	3x NHS serving (1 medium carrot)	0.00
Okra, boiled in unsalted water	106g	10x okra	0.00
Beans, chick peas, canned, re-heated, drained	600g		0.00
Tomatoes, standard, raw	500g	3.8x average sized	0.00
Cajun spice mix	16.2g	2x tablespoon	0.00
Paprika	6.8g	1x tablespoon	0.00
Vegetable stock, homemade	30g	0.1x cup	0.00
TOTAL COST:			0.00
RRP:			0.00

## Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	177g	103	0.00	

## Ingredient List (QUID) ...

Chickpeas (33.9%), Tomatoes (28.2%), Onions (16.9%), Carrots (11.3%), Okra (6%), Vegetable stock homemade (1.7%) (**Celery**), Cajun spice (0.91%), Garlic (0.68%), Paprika (0.38%)  
For allergens, see items in bold.