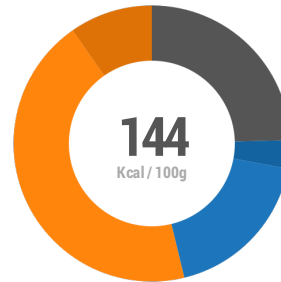
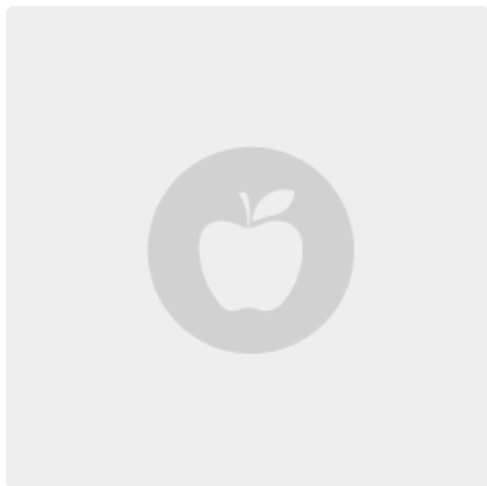


Quinoa tofu sushi (Leon)

By Bridgette Wilson from Kings College London

Overview ...

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WEIGHT:

21.6% Carbs

24.6% Protein

53.8% Fat

Food Labelling...

EU Label values per 100g

Serves 6

	PER 100G	%RI	PER 137G SERVING	%RI
Energy(Kj)	646 kJ	8%	885 kJ	11%
Energy(Kcal)	155 kcal	8%	212 kcal	11%
Fat	8.6 g	12%	12 g	17%
<i>of which saturates</i>	1.6 g	8%	2.1 g	11%
Carbohydrate	7.8 g	3%	11 g	4%
<i>of which sugars</i>	1.2 g	1%	1.6 g	2%
Fibre	3.7 g	15%	5.1 g	20%
Protein	9.6 g	19%	13 g	26%
Salt	0.49 g	8%	0.68 g	11%

CONTAINS:



SOYA



SULPHITES

MAY CONTAIN:



GLUTEN



FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI Energy(Kj) 7% RI	Saturated Fat 8% RI Monounsaturated fat 14% RI <i>cis-Mono</i> Polyunsaturated fat 16% RI <i>Omega3(n-3)</i> 3% RI <i>Omega6(n-6)</i> 1% RI <i>cis-Poly</i> Trans-fatty acids Cholesterol	1.6g Vitamin A (ret eq) 6% RI 4g Retinol 0g Carotene 2.5g Vitamin D 0.06g Vitamin E 9% RI 0.17g Vitamin K ₁ 0g Thiamin (B ₁) 54% RI 0g Riboflavin (B ₂) 24% RI 0mg Niacin total (B ₃) 25% RI 0mg Niacin 197mg Tryptophan 341mg Pantothenic Acid (B ₅) 69% RI 280mg Vitamin B ₆ 14% RI 244mg Folates (B ₉) Total 45% RI 129mg Vitamin B ₁₂ 29% RI 51mg Iron 16% RI 2.3mg Zinc 31% RI 3.1mg Copper 34% RI 0.34mg Manganese 41% RI 0.81mg Selenium 12% RI 6.8ug Iodine 18% RI 27.5ug
Macronutrients	Minerals & trace elements	Other
Carbohydrate 3% RI Protein 18% RI Fat 12% RI Water Water from Drinks Alcohol	Sodium 8% RI Potassium 17% RI Chloride 35% RI Calcium 30% RI Phosphorus 18% RI Magnesium 13% RI Iron 16% RI Zinc 31% RI Copper 34% RI Manganese 41% RI Selenium 12% RI Iodine 18% RI	46ug 0g 5ug 0g 1.1mg 0g 0.59mg 0.34mg 4.1mg 0.62mg 20.9mg 4.2mg 0.2mg 90ug 0.71ug 5ug 2.7mg
Carbohydrate		GI (estimated) 43 GL 3.1
Starch Oligosaccharide Fibre 15% RI NSP Sugars 1% RI Glucose Galactose Fructose Sucrose Maltose Lactose		
7.8g 8.9g 8.6g 69g 0g 0g	5.7g 0.21g 3.7g 3.4g 1.2g 0.4g 0g 0.24g 0.34g 0g 0g	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Seaweed, nori, dried, raw	15g	5x snack pack	0.00
Miso	17g	1x tablespoon	0.00
Avocado, average, flesh only	210g	3x NHS serving (1/2 Avocado)	0.00
Quinoa, red and white, cooked	278g	1.5x Medium Portion (1 cup)	0.00
tofu cream cheese substitute	300g	0.8x Recipe Total	0.00
TOTAL COST:			0.00 RRP : 0.00

Portions / Pack Sizes:

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	137g	198	0.00	

Ingredient List (QUID) ...

tofu cream cheese substitute (36.6%) [Tofu raw firm (88.7%) (**Soya, Sulphites**), Lemon juice (6.1%), Nutritional Yeast flakes with B12 Marigold (4.5%), Salt (0.68%)], Quinoa (33.9%), Avocados (25.6%), Miso (2.1%) (**Soya**), Nori seaweed (1.8%)

Also contains: **Sulphites**

For allergens, see items in bold. (May also contain traces of Fish, Gluten)