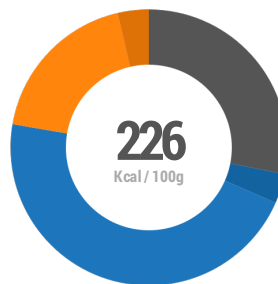
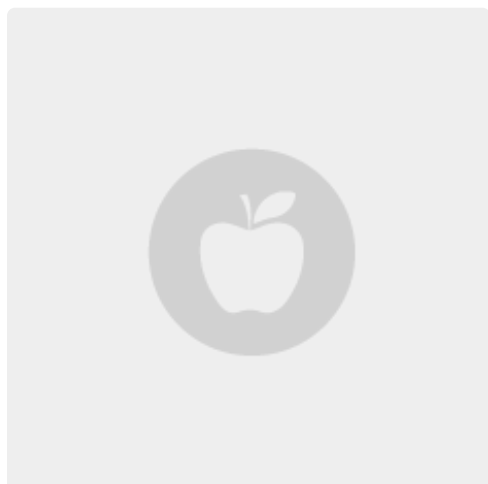


# Miso mung bean and spinach patty

By Bridgette Wilson from Kings College London

Overview ...

U / 2505847



WEIGHT:  
**49.6% Carbs**  
**28.1% Protein**  
**22.3% Fat**

Food Labelling...

## EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 121G SERVING	%RI
Energy(Kj)	<b>1007</b> kJ	12%	<b>1219</b> kJ	15%
Energy(Kcal)	<b>239</b> kcal	12%	<b>290</b> kcal	15%
Fat	<b>5.6</b> g	8%	<b>6.8</b> g	10%
<i>of which saturates</i>	<b>0.9</b> g	5%	<b>1.1</b> g	6%
Carbohydrate	<b>28</b> g	11%	<b>34</b> g	13%
<i>of which sugars</i>	<b>2</b> g	2%	<b>2.4</b> g	3%
Fibre	<b>6.8</b> g	27%	<b>8.2</b> g	33%
Protein	<b>16</b> g	32%	<b>19</b> g	38%
Salt	<b>0.19</b> g	3%	<b>0.23</b> g	4%

CONTAINS:	
	SOYA
MAY CONTAIN:	
	FISH

## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 11% RI	Saturated Fat <b>5% RI</b>	Vitamin A (ret eq) 10% RI
Energy(Kj) 11% RI	Monounsaturated fat 12% RI	78ug
<b>226kcal</b>	<i>cis-Mono</i>	0ug
<b>954kJ</b>	Polyunsaturated fat 5% RI	465ug
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 1% RI	0ug
Carbohydrate 11% RI	<i>Omega6(n-6)</i> 2% RI	0.43mg
Protein 32% RI	<i>cis-Poly</i>	2ug
28.1g	Trans-fatty acids	0.26mg
15.9g	Cholesterol	0.28g
Fat 8% RI	<b>Minerals &amp; trace elements</b>	0g
5.6g	Sodium <b>3% RI</b>	0mg
Water 42g	Potassium 50% RI	0mg
Water from Drinks 0g	Chloride 17% RI	0mg
Alcohol 0g	Calcium 12% RI	0mg
<b>Carbohydrate</b>	Phosphorus 35% RI	0.21mg
Starch 23.4g	Magnesium 31% RI	4.3mg
Oligosaccharide	Iron 31% RI	Niacin 1.6mg
Fibre 27% RI	Zinc 20% RI	Tryptophan 159mg
6.8g	Copper 35% RI	Pantothenic Acid (B <sub>5</sub> ) 21% RI
6.7g	Manganese 39% RI	Vitamin B <sub>6</sub> 20% RI
NSP 6.7g	Selenium 21% RI	0.29mg
Sugars 2% RI	Iodine 1% RI	Folates (B <sub>9</sub> ) Total 58% RI
2g		116ug
Glucose 0.12g		Vitamin B <sub>12</sub> 0% RI
Galactose 0g		0ug
Fructose 0.28g		Biotin (B <sub>7</sub> ) 0% RI
Sucrose 0.59g		0.18ug
Maltose 0g		Vitamin C 6% RI
Lactose 0g		5.1mg
		<b>Other</b>
		GI (estimated)
		31.5
		GL
		7.4

Recipe Ingredients ...	Quantity:	Description:	Cost:
Beans, mung, whole, dried, raw	<b>75g</b>		<b>0.00</b>
Onions, fried in olive oil	<b>15g</b>	1x Small portion	<b>0.00</b>
Oil, olive	<b>4.2g</b>	1x teaspoon	<b>0.00</b>
Miso	<b>2g</b>	0.1x tablespoon	<b>0.00</b>
Spinach, baby, boiled in unsalted water	<b>25g</b>	0.7x Tablespoon	<b>0.00</b>
TOTAL COST:			<b>0.00</b>
RRP:			<b>0.00</b>

## Portions / Pack Sizes:

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
<b>1 serving</b>	<b>121g</b>	<b>274</b>	<b>0.00</b>	

## Ingredient List (QUID) ...

Mung beans (61.9%), Spinach (20.6%), Onions (12.4%), Olive Oil (3.5%), Miso (1.7%) (**Soya**)  
*For allergens, see items in bold. (May also contain traces of Fish)*