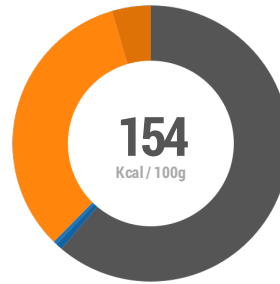
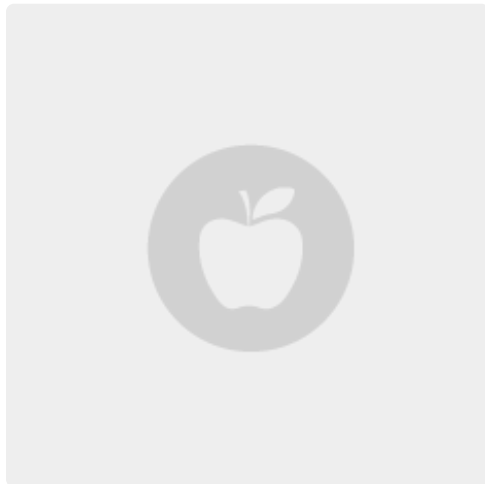


Paprika chicken

By Bridgette Wilson from Kings College London

Overview ...

U / 2498208



WEIGHT:

1.2% Carbs

61.2% Protein

37.6% Fat

Food Labelling...

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 172G SERVING	%RI
Energy(Kj)	678 kJ	8%	1167 kJ	14%
Energy(Kcal)	162 kcal	8%	279 kcal	14%
Fat	6.4 g	9%	11 g	16%
of which saturates	0.8 g	4%	1.3 g	7%
Carbohydrate	0 g	0%	0.8 g	0%
of which sugars	0 g	0%	0.5 g	1%
Fibre	3.9 g	16%	6.7 g	27%
Protein	24 g	48%	41 g	82%
Salt	0.14 g	2%	0.24 g	4%

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 5% RI
Energy(Kj) 8% RI	Monounsaturated fat 5% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 0% RI	Polyunsaturated fat 24% RI	Vitamin D 3% RI
Protein 47% RI	Omega3(n-3) 128% RI	Vitamin E 1% RI
Fat 9% RI	Omega6(n-6) 7% RI	Vitamin K ₁ 1% RI
Water	cis-Poly	Thiamin (B ₁) 15% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 18% RI
Alcohol	Cholesterol	Niacin total (B ₃) 86% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 2% RI	Tryptophan
Oligosaccharide	Potassium 22% RI	Pantothenic Acid (B ₅) 21% RI
Fibre 16% RI	Chloride 8% RI	Vitamin B ₆ 37% RI
NSP	Calcium 6% RI	Folates (B ₉) Total 12% RI
Sugars 0% RI	Phosphorus 38% RI	Vitamin B ₁₂ 0% RI
Glucose	Magnesium 20% RI	Biotin (B ₇) 3% RI
Galactose	Iron 12% RI	Vitamin C 0% RI
Fructose	Zinc 11% RI	
Sucrose	Copper 19% RI	
Maltose	Manganese 17% RI	
Lactose	Selenium 20% RI	
	Iodine 3% RI	Other
		GI (estimated)
		GL

Recipe Ingredients ...	Quantity:	Description:	Cost:
Chicken, light meat, raw	1.5kg		0.00
Flax Seed (milled or whole)	200g		0.00
Paprika	13.6g	2x tablespoon	0.00
Oregano, dried, ground	10.8g	2x tablespoon	0.00

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

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	172g	265	0.00	

Ingredient List (QUID) ...

Chicken (87%), Flaxseed (11.6%), Paprika (0.79%), Dried oregano (0.63%)