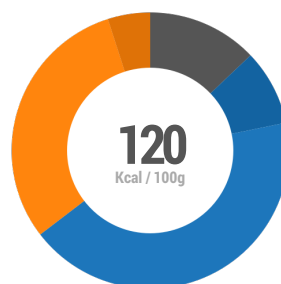
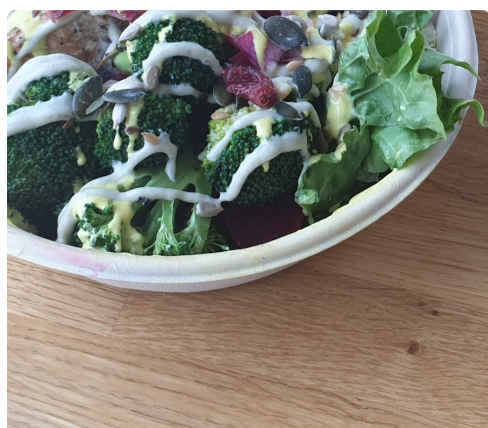


# Buddha Bowl vegetarian falafel (large)

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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WEIGHT:

**51.7%** Carbs  
**12.9%** Protein  
**35.4%** Fat

Food Labelling...

## EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 580G SERVING	%RI
Energy(Kj)	<b>523</b> kJ	6%	<b>3036</b> kJ	36%
Energy(Kcal)	<b>125</b> kcal	6%	<b>724</b> kcal	36%
Fat	<b>4.7</b> g	7%	<b>27</b> g	39%
of which saturates	<b>0.7</b> g	4%	<b>3.8</b> g	19%
Carbohydrate	<b>16</b> g	6%	<b>90</b> g	35%
of which sugars	<b>2.7</b> g	3%	<b>15</b> g	17%
Fibre	<b>2.2</b> g	9%	<b>13</b> g	52%
Protein	<b>3.9</b> g	8%	<b>23</b> g	46%
Salt	<b>0.13</b> g	2%	<b>0.76</b> g	13%

CONTAINS:

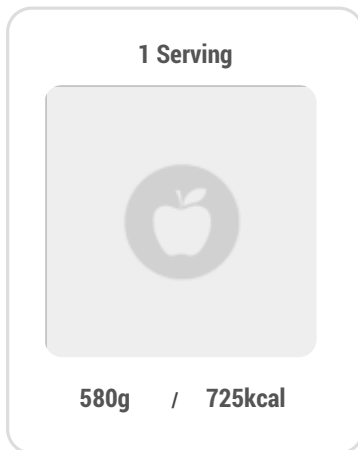
- WHEAT
- MUSTARD
- EGGS
- MILK
- SESAME
- SULPHITES

## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI Energy(Kj) 6% RI	Saturated Fat <b>3% RI</b> Monounsaturated fat 8% RI cis-Mono Polyunsaturated fat 8% RI Omega3(n-3) 2% RI Omega6(n-6) 3% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 6% RI Retinol Carotene Vitamin D 0% RI Vitamin E 10% RI Vitamin K <sub>1</sub> 28% RI Thiamin (B <sub>1</sub> ) 9% RI Riboflavin (B <sub>2</sub> ) 4% RI Niacin total (B <sub>3</sub> ) 12% RI Niacin 7% RI Tryptophan Pantothenic Acid (B <sub>5</sub> ) 9% RI Vitamin B <sub>6</sub> 7% RI Folates (B <sub>9</sub> ) Total 10% RI Vitamin B <sub>12</sub> 1% RI Biotin (B <sub>7</sub> ) 2% RI Vitamin C 10% RI
<b>120kcal</b> <b>505kJ</b>	<b>0.66g</b> <b>2.3g</b> - <b>1.3g</b> <b>0.05g</b> <b>0.49g</b> - <b>0.03g</b> <b>0.88mg</b>	<b>45ug</b> <b>1.8ug</b> <b>233ug</b> <b>0ug</b> <b>1.2mg</b> <b>21.2ug</b> <b>0.1mg</b> <b>0.05mg</b> <b>2mg</b> <b>1.1mg</b> <b>53mg</b> <b>0.53mg</b> <b>0.1mg</b> <b>19.7ug</b> <b>0.01ug</b> <b>1.1ug</b> <b>8.4mg</b>
Macronutrients	Minerals & trace elements	Other
Carbohydrate 6% RI Protein 8% RI Fat <b>7% RI</b> Water Water from Drinks Alcohol (0% ABV)	Sodium <b>2% RI</b> Potassium 11% RI Chloride 10% RI Calcium 7% RI Phosphorus 15% RI Magnesium 10% RI Iron 10% RI Zinc 6% RI Copper 15% RI Manganese 27% RI Selenium 2% RI Iodine 3% RI	GI (estimated) GL
<b>15.5g</b> <b>3.9g</b> <b>4.7g</b> <b>74g</b> <b>0g</b> <b>0g</b>	<b>52mg</b> <b>229mg</b> <b>79mg</b> <b>54mg</b> <b>104mg</b> <b>38.8mg</b> <b>1.4mg</b> <b>0.64mg</b> <b>0.15mg</b> <b>0.55mg</b> <b>1ug</b> <b>4.3ug</b>	<b>47</b> <b>7.1</b>

Recipe Ingredients ...	Quantity:	Description:
Broccoli, green, boiled in unsalted water	60g	1x Small portion
Mixed Salad Leaves	30g	1.3x Average serving
Beetroot, pickled, drained	30g	2.3x slice
Tesco Traditional Pickled Onions 440G	20g	0x Pack
Yogurt, whole milk, plain	35g	3.2x teaspoon
Turmeric, ground	5g	2.3x teaspoon
Ginger, pickled	5g	0.5x average portion
Guacamole, homemade	40g	1.1x tablespoon
Mixed seeds	5g	0.1x Serving
Cranberries, dried	10g	0.3x 1/3 cup
Hellmanns, Light Mayonnaise	7g	1x teaspoon
Funktional Foods Hemp Protein Powder 100g	3g	0x Per pack
Red rice, boiled in unsalted water	210g	2.6x Small portion
Falafel, fried in rapeseed oil, homemade	120g	2x medium item/falafel

## Portions / Pack Sizes ...



## Ingredient List (QUID) ...

Red rice (36.2%), Falafel (20.7%) (**Wheat**), Broccoli (10.3%), Guacamole (6.9%) (**Milk**), Yogurt (6%) (**Milk**), Mixed Salad Leaves (5.2%), Beetroot (5.2%) (**Sulphites**), Tesco Traditional Pickled Onions 440G (3.4%) [Onion, Water, Spirit Vinegar, Salt, Malted **Barley** Extract, Flavouring, Preservative (Sodium **Metabisulphite**)], Dried cranberries (1.7%), Light mayonnaise (1.2%) (**Mustard, Eggs, Milk**), Ginger pickled (0.86%) (**Sulphites**), Turmeric (0.86%), Mixed seeds (0.86%) (**Sesame**), Funktional Foods Hemp Protein Powder 100g (0.52%) [100% Hemp Protein Powder]