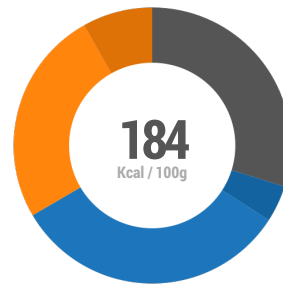


# Looney Tuna

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:  
**36.8% Carbs**  
**29.8% Protein**  
**33.4% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	792 <sup>kj</sup>	9%	1544 <sup>kj</sup>	18%
Energy(Kcal)	189 <sup>kcal</sup>	9%	368 <sup>kcal</sup>	18%
Fat	6.8 <sup>g</sup>	10%	13 <sup>g</sup>	19%
<i>of which saturates</i>	1.7 <sup>g</sup>	9%	3.3 <sup>g</sup>	17%
Carbohydrate	17 <sup>g</sup>	7%	33 <sup>g</sup>	13%
<i>of which sugars</i>	2 <sup>g</sup>	2%	3.8 <sup>g</sup>	4%
Fibre	2.3 <sup>g</sup>	9%	4.4 <sup>g</sup>	18%
Protein	14 <sup>g</sup>	28%	27 <sup>g</sup>	54%
Salt	0.51 <sup>g</sup>	9%	0.99 <sup>g</sup>	17%

CONTAINS:



Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 9% RI	Saturated Fat 8% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 9% RI	Monounsaturated fat 4% RI	Retinol
<b>Macronutrients</b>	<i>cis-Mono</i>	Carotene
Carbohydrate 6% RI	Polyunsaturated fat 16% RI	Vitamin D 8% RI
Protein 27% RI	Omega3(n-3) 10% RI	Vitamin E 10% RI
Fat 10% RI	Omega6(n-6) 16% RI	Vitamin K 13% RI
Water	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 3% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 3% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B <sub>3</sub> ) 36% RI
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin 23% RI
Starch	Sodium 8% RI	Tryptophan
Oligosaccharide	Potassium 6% RI	Pantothenic Acid (B <sub>5</sub> ) 2% RI
Fibre 9% RI	Chloride 42% RI	Vitamin B <sub>6</sub> 9% RI
NSP	Calcium 1% RI	Folates (B <sub>9</sub> ) Total 3% RI
Sugars 2% RI	Phosphorus 10% RI	Vitamin B <sub>12</sub> 47% RI
Glucose	Magnesium 3% RI	Biotin (B <sub>7</sub> ) 2% RI
Galactose	Iron 4% RI	Vitamin C 5% RI
Fructose	Zinc 4% RI	<b>Other</b>
Sucrose	Copper 3% RI	GI (estimated)
Maltose	Manganese 3% RI	GL
Lactose	Selenium 42% RI	
	Iodine 4% RI	

Recipe Ingredients ...	Quantity:	Description:
Pita Pit bread (Brown)	<b>60g</b>	1 pita
Tuna, canned in brine, drained	<b>65g</b>	0.5x Standard can (180g) drained
Sweetcorn kernels, canned in water, drained	<b>15g</b>	
Charleville Freshly Grated Select Red Cheddar 200g	<b>10g</b>	0.5x Each 20g serving contains
Tomatoes, standard, raw	<b>15g</b>	0.1x large/beef
Lettuce, Cos, raw	<b>20g</b>	0.3x NHS Serving (cereal bowl)
Hellmanns, Real Mayonnaise	<b>10g</b>	1.4x teaspoon

## Ingredient List (QUID) ...

Tuna (33.3%) (**Fish**), Pita Pit bread (Brown) (30.8%) (**Wheat**), Cos lettuce (10.3%), Sweetcorn (7.7%), Tomatoes (7.7%), Charleville Freshly Grated Select Red Cheddar 200g (5.1%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Mayonnaise (5.1%) (**Eggs**)