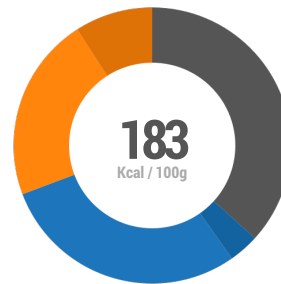


Pita Pit Chicken Caesar

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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WEIGHT:

32.5% Carbs
36.7% Protein
30.7% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 292G SERVING	%RI
Energy(Kj)	787 kJ	9%	2299 kJ	27%
Energy(Kcal)	187 kcal	9%	547 kcal	27%
Fat	6.2 g	9%	18 g	26%
of which saturates	1.8 g	9%	5.4 g	27%
Carbohydrate	15 g	6%	43 g	17%
of which sugars	1.6 g	2%	4.7 g	5%
Fibre	2.1 g	8%	6 g	24%
Protein	17 g	34%	49 g	98%
Salt	0.81 g	14%	2.4 g	40%

CONTAINS:



WHEAT



MUSTARD



EGGS



MILK



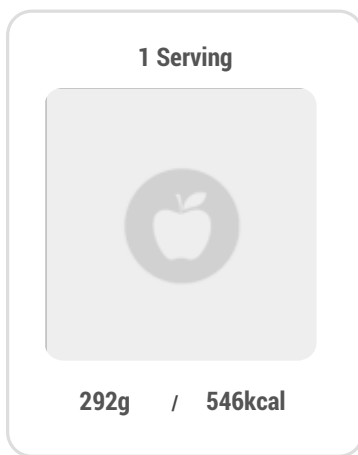
FISH

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 9% RI	Saturated Fat 9% RI	Vitamin A (ret eq) 3% RI
Energy(Kj) 9% RI	Monounsaturated fat 5% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 6% RI	Polyunsaturated fat 5% RI	Vitamin D 4% RI
Protein 34% RI	Omega3(n-3) 1% RI	Vitamin E 2% RI
Fat 9% RI	Omega6(n-6) 4% RI	Vitamin K ₁ 17% RI
Water	cis-Poly	Thiamin (B ₁) 18% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 5% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 50% RI
Carbohydrate	Minerals & trace elements	Niacin 33% RI
Starch	Sodium 14% RI	Tryptophan
Oligosaccharide	Potassium 12% RI	Pantothenic Acid (B ₅) 11% RI
Fibre 8% RI	Chloride 59% RI	Vitamin B ₆ 18% RI
NSP	Calcium 4% RI	Folates (B ₉) Total 3% RI
Sugars 2% RI	Phosphorus 22% RI	Vitamin B ₁₂ 7% RI
Glucose	Magnesium 6% RI	Biotin (B ₇) 3% RI
Galactose	Iron 4% RI	Vitamin C 5% RI
Fructose	Zinc 8% RI	Other
Sucrose	Copper 8% RI	GI (estimated)
Maltose	Manganese 3% RI	GL
Lactose	Selenium 12% RI	
	Iodine 4% RI	

Recipe Ingredients ...	Quantity:	Description:
Bacon rashers, back, grilled crispy	28g	1.9x average
Chicken, breast, grilled without skin, meat only	75g	0.8x Pieces in a long roll
Tomatoes, standard, raw	40g	2.2x slice
Cheese, Parmesan, fresh	8g	1.6x teaspoon
Lettuce, Cos, raw	40g	0.5x NHS Serving (cereal bowl)
Pumpkin seeds	6g	1.5x Average Portion
Hellmann's Caesar Dressing 235ml	15ml	1x Per portion
Pita Pit bread (Brown)	80g	1 pita

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pita Pit bread (Brown) (27.4%) (**Wheat**), Chicken (25.7%), Cos lettuce (13.7%), Tomatoes (13.7%), Bacon (9.6%), Hellmann's Caesar Dressing 235ml (5.1%) [Water, Sunflower Oil, Spirit Vinegar, Cheese (5%), Pasteurised Egg Yolk (Barn), Sugar, Garlic Powder (0.9%), Onion Powder, Black Pepper, Salt, Modified Corn Starch, Anchovy (Fish), Acid (Lactic Acid), Mustard Flour, Thickener (Xanthan Gum), Parsley, Emulsifier (Polysorbate 60), Antioxidant (Calcium Disodium EDTA)], Parmesan cheese (2.7%) (**Milk**), Pumpkin seeds (2.1%)