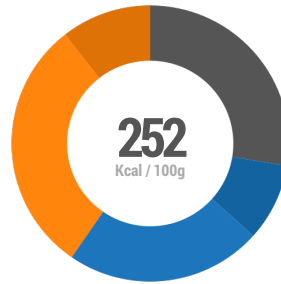


# Pita Pit Chicken Pesto

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3293821



WEIGHT:

32% Carbs

27.6% Protein

40.4% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 260G SERVING	%RI
Energy(Kj)	1089 <sup>kJ</sup>	13%	2832 <sup>kJ</sup>	34%
Energy(Kcal)	260 <sup>kcal</sup>	13%	675 <sup>kcal</sup>	34%
Fat	11 <sup>g</sup>	16%	29 <sup>g</sup>	41%
of which saturates	2.9 <sup>g</sup>	15%	7.6 <sup>g</sup>	38%
Carbohydrate	20 <sup>g</sup>	8%	52 <sup>g</sup>	20%
of which sugars	5.7 <sup>g</sup>	6%	15 <sup>g</sup>	17%
Fibre	2.2 <sup>g</sup>	9%	5.7 <sup>g</sup>	23%
Protein	17 <sup>g</sup>	34%	43 <sup>g</sup>	86%
Salt	0.54 <sup>g</sup>	9%	1.4 <sup>g</sup>	23%

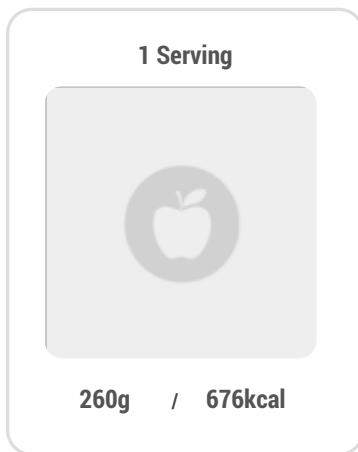
CONTAINS:				
WHEAT	TREE NUTS	MUSTARD	MILK	SULPHITES
MAY CONTAIN:				
EGGS				

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 13% RI	Saturated Fat 15% RI	Vitamin A (ret eq) 10% RI
Energy(Kj) 13% RI	Monounsaturated fat 20% RI	Retinol
<b>Macronutrients</b>	cis-Mono	Carotene
Carbohydrate 8% RI	Polyunsaturated fat 12% RI	Vitamin D 2% RI
Protein 35% RI	Omega3(n-3) 3% RI	Vitamin E 6% RI
Fat 16% RI	Omega6(n-6) 3% RI	Vitamin K <sub>1</sub> 47% RI
Water	cis-Poly	Thiamin (B <sub>1</sub> ) 21% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 12% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B <sub>3</sub> ) 62% RI
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin 40% RI
Starch	Sodium 9% RI	Tryptophan
Oligosaccharide	Potassium 34% RI	Pantothenic Acid (B <sub>5</sub> ) 13% RI
Fibre 9% RI	Chloride 47% RI	Vitamin B <sub>6</sub> 17% RI
NSP	Calcium 20% RI	Folates (B <sub>9</sub> ) Total 16% RI
Sugars 6% RI	Phosphorus 34% RI	Vitamin B <sub>12</sub> 12% RI
Glucose	Magnesium 15% RI	Biotin (B <sub>7</sub> ) 4% RI
Galactose	Iron 16% RI	Vitamin C 10% RI
Fructose	Zinc 14% RI	<b>Other</b>
Sucrose	Copper 33% RI	GI (estimated)
Maltose	Manganese 30% RI	GL
Lactose	Selenium 12% RI	
	Iodine 5% RI	

Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	<b>75g</b>	1x Average Portion
Pesto sauce, homemade	<b>30g</b>	1.3x tablespoon
Spinach, baby, raw	<b>25g</b>	1.3x cup
Chicken, breast, grilled without skin, meat only	<b>75g</b>	0.8x Pieces in a long roll
Tomatoes, sun dried without oil	<b>30g</b>	
Cheese, Parmesan, fresh	<b>10g</b>	1x Average Portion
Balsamic dressing, homemade	<b>15g</b>	1.4x tablespoon

## Portions / Pack Sizes ...



## Ingredient List (QUID) ...

Pitta bread (28.8%) (**Wheat**), Chicken (28.8%), Pesto (11.5%) ( **Tree nuts, Milk**), Sun dried tomatoes (11.5%) ( **Sulphites**), Spinach (9.6%), Balsamic dressing (5.8%) ( **Mustard**), Parmesan cheese (3.8%) (**Milk**)