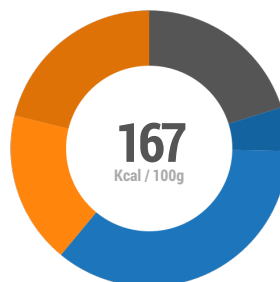


Pita Pit Had me at Haloumi

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3540553



WEIGHT:

40.8% Carbs

20.2% Protein

39% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 297G SERVING	%RI
Energy(Kj)	716 kJ	9%	2128 kJ	25%
Energy(Kcal)	171 kcal	9%	507 kcal	25%
Fat	7.3 g	10%	22 g	31%
of which saturates	3.9 g	20%	12 g	60%
Carbohydrate	17 g	7%	51 g	20%
of which sugars	2.1 g	2%	6.3 g	7%
Fibre	1.2 g	5%	3.6 g	14%
Protein	8.6 g	17%	25 g	50%
Salt	1.4 g	23%	4 g	67%

CONTAINS:



WHEAT



MILK

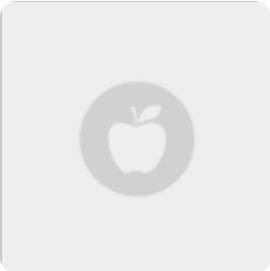
Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 20% RI	Vitamin A (ret eq) 18% RI
Energy(Kj) 8% RI	Monounsaturated fat 8% RI	Retinol
167kcal	cis-Mono	Carotene
702kJ	Polyunsaturated fat 4% RI	Vitamin D 0% RI
Macronutrients	Omega3(n-3) 2% RI	Vitamin E 3% RI
Carbohydrate 7% RI	Omega6(n-6) 2% RI	Vitamin K 1 21% RI
Protein 17% RI	cis-Poly	Thiamin (B ₁) 12% RI
Fat 10% RI	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Water	Cholesterol	Niacin total (B ₃) 18% RI
Water from Drinks	Minerals & trace elements	Niacin 5% RI
Alcohol (0% ABV)	Sodium 23% RI	Tryptophan
0g	Potassium 9% RI	Pantothenic Acid (B ₅) 2% RI
0g	Chloride 110% RI	Vitamin B ₆ 2% RI
0g	Calcium 30% RI	Folates (B ₉) Total 9% RI
Carbohydrate	Phosphorus 22% RI	Vitamin B ₁₂ 4% RI
Starch	Magnesium 6% RI	Vitamin B ₁₂ 4% RI
Oligosaccharide	Iron 9% RI	Biotin (B ₇) 3% RI
Fibre 5% RI	Zinc 11% RI	Vitamin C 5% RI
NSP	Copper 8% RI	Other
Sugars 2% RI	Manganese 12% RI	GI (estimated)
Glucose	Selenium 2% RI	GL
Galactose	Iodine 10% RI	
Fructose		
Sucrose		
Maltose		
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	90g	2x Round pitta
Cheese, Halloumi	60g	0.9x 1/2cup
Tzatziki	30g	1x tablespoon
Mixed Salad Leaves	30g	1.3x Average serving
Kalamata Olives	20g	4x average piece
Cucumber, raw, flesh and skin	25g	3.6x slice
Tomatoes, standard, raw	40g	2.2x slice
Zaatar	2g	

Portions / Pack Sizes ...

1 Serving



297g / 508kcal

Ingredient List (QUID) ...

Pitta bread (30.3%) (**Wheat**), Halloumi (20.2%) (**Milk**), Tomatoes (13.5%), Mixed Salad Leaves (10.1%), Tzatziki (10.1%) (**Milk**), Cucumber (8.4%), Olives (6.7%), Zaatar (0.67%)