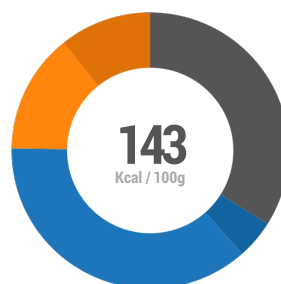


Pita Pit Piri Piri Chicken

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3539184



WEIGHT:

41.3% Carbs

33.9% Protein

24.8% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

| | PER 100G | %RI | PER 330G SERVING | %RI |
|---------------------------|----------------------------|-----|----------------------------|-----|
| Energy(Kj) | 618 ^{kJ} | 7% | 2038 ^{kJ} | 24% |
| Energy(Kcal) | 147 ^{kcal} | 7% | 484 ^{kcal} | 24% |
| Fat | 3.9 ^g | 6% | 13 ^g | 19% |
| <i>of which saturates</i> | 1.7 ^g | 9% | 5.6 ^g | 28% |
| Carbohydrate | 15 ^g | 6% | 49 ^g | 19% |
| <i>of which sugars</i> | 1.6 ^g | 2% | 5.3 ^g | 6% |
| Fibre | 1.3 ^g | 5% | 4.3 ^g | 17% |
| Protein | 12 ^g | 24% | 41 ^g | 82% |
| Salt | 0.72 ^g | 12% | 2.4 ^g | 40% |

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



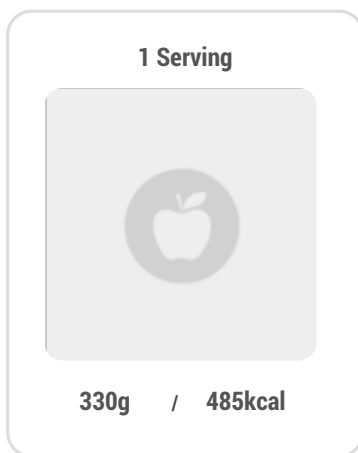
SULPHITES

Nutrient Breakdown per 100g...

| Energy | Lipid Components | Vitamins |
|-----------------------|--------------------------------------|---|
| Energy(Kcal) 7% RI | Saturated Fat 9% RI | Vitamin A (ret eq) 11% RI |
| Energy(Kj) 7% RI | Monounsaturated fat 5% RI | 87ug |
| 143kcal | <i>cis-Mono</i> | Retinol |
| 602kJ | Polyunsaturated fat 3% RI | 19.4ug |
| Macronutrients | <i>Omega3(n-3)</i> 3% RI | Carotene |
| Carbohydrate 6% RI | <i>Omega6(n-6)</i> 2% RI | Vitamin D 2% RI |
| Protein 24% RI | <i>cis-Poly</i> | Vitamin E 4% RI |
| Fat 6% RI | Trans-fatty acids | Vitamin K 1 23% RI |
| 14.8g | Cholesterol | Thiamin (B ₁) 14% RI |
| 12.1g | Minerals & trace elements | Riboflavin (B ₂) 6% RI |
| Fat 6% RI | Sodium 12% RI | Niacin total (B ₃) 43% RI |
| 3.9g | Potassium 13% RI | Niacin 28% RI |
| Water | Chloride 58% RI | Tryptophan |
| 65g | Calcium 14% RI | Pantothenic Acid (B₅) 9% RI |
| Water from Drinks | Phosphorus 21% RI | Vitamin B ₆ 14% RI |
| Alcohol (0% ABV) | Magnesium 6% RI | Folates (B ₉) Total 11% RI |
| 0g | Iron 7% RI | Vitamin B ₁₂ 10% RI |
| 0g | Zinc 8% RI | Vitamin B ₇ 2% RI |
| Carbohydrate | Copper 10% RI | Vitamin C 16% RI |
| Starch | Manganese 11% RI | |
| 13.1g | Selenium 8% RI | Other |
| Oligosaccharide | Iodine 2% RI | GI (estimated) |
| 0.01g | | GL |
| Fibre 5% RI | | 64 |
| 1.3g | | 9.4 |
| NSP | | |
| 1.3g | | |
| Sugars 2% RI | | |
| 1.6g | | |
| Glucose | | |
| 0.5g | | |
| Galactose | | |
| 0g | | |
| Fructose | | |
| 0.56g | | |
| Sucrose | | |
| 0.03g | | |
| Maltose | | |
| 0.52g | | |
| Lactose | | |
| 0g | | |

| Recipe Ingredients ... | Quantity: | Description: |
|--|------------|--|
| Bread, pitta, white | 90g | 2x Round pitta |
| Chicken, breast, grilled without skin, meat only | 75g | 0.8x Pieces in a long roll |
| Guacamole, homemade | 30g | 0.9x tablespoon |
| Tomatoes, standard, raw | 40g | 2.2x slice |
| Peppers, capsicum, green, raw | 20g | 1x Average Portion |
| Mixed Salad Leaves | 40g | 1.7x Average serving |
| Cheese, Emmental | 20g | 1x Average prepacked slice (sandwich s |
| Franks Red Hot Original Cayenne Pepper Sauce | 15g | |

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pitta bread (27.3%) (**Wheat**), Chicken (22.7%), Mixed Salad Leaves (12.1%), Tomatoes (12.1%), Guacamole (9.1%) (**Milk**), Emmental cheese (6.1%) (**Milk**), Green peppers (6.1%), Cayenne pepper sauce (4.5%)