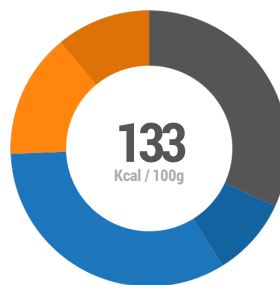


# Pita Pit Ragin Cajun

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3293839



WEIGHT:

**42.5% Carbs**

**31.9% Protein**

**25.6% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 347G SERVING	%RI
Energy(Kj)	<b>578</b> kJ	7%	<b>2005</b> kJ	24%
Energy(Kcal)	<b>137</b> kcal	7%	<b>476</b> kcal	24%
Fat	<b>3.8</b> g	5%	<b>13</b> g	19%
of which saturates	<b>1.6</b> g	8%	<b>5.7</b> g	29%
Carbohydrate	<b>14</b> g	5%	<b>49</b> g	19%
of which sugars	<b>3.1</b> g	3%	<b>11</b> g	12%
Fibre	<b>1.4</b> g	6%	<b>4.9</b> g	20%
Protein	<b>11</b> g	22%	<b>37</b> g	74%
Salt	<b>0.53</b> g	9%	<b>1.9</b> g	32%

CONTAINS:



WHEAT



MILK



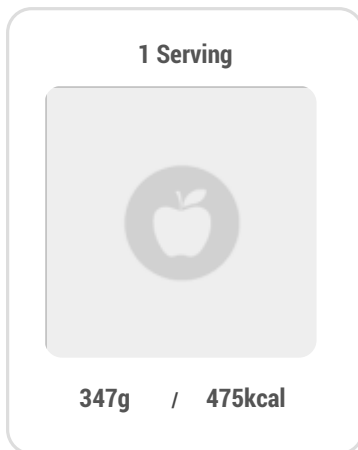
SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat <b>8% RI</b>	Vitamin A (ret eq) 3% RI
Energy(Kj) 7% RI	Monounsaturated fat 3% RI	Retinol
<b>133kcal</b>	cis-Mono	Carotene
<b>562kJ</b>	Polyunsaturated fat 2% RI	Vitamin D 1% RI
<b>Macronutrients</b>	Omega3(n-3) 2% RI	Vitamin E 3% RI
Carbohydrate 5% RI	Omega6(n-6) 1% RI	Vitamin K 1 21% RI
Protein 21% RI	cis-Poly	Thiamin (B <sub>1</sub> ) 14% RI
Fat <b>5% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 5% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 37% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 25% RI
Alcohol (0% ABV)	Sodium <b>9% RI</b>	Tryptophan
<b>Carbohydrate</b>	Potassium 12% RI	Pantothenic Acid (B <sub>5</sub> ) 8% RI
Starch	Chloride 44% RI	Vitamin B <sub>6</sub> 13% RI
Oligosaccharide	Calcium 5% RI	Folates (B <sub>9</sub> ) Total 10% RI
Fibre 6% RI	Phosphorus 14% RI	Vitamin B <sub>12</sub> 0% RI
NSP	Magnesium 5% RI	Biotin (B <sub>7</sub> ) 2% RI
Sugars <b>3% RI</b>	Iron 5% RI	Vitamin C 10% RI
Glucose	Zinc 5% RI	<b>Other</b>
Galactose	Copper 6% RI	GI (estimated)
Fructose	Manganese 9% RI	GL
Sucrose	Selenium 7% RI	
Maltose	Iodine 1% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	<b>75g</b>	1x Average Portion
Guacamole, homemade	<b>30g</b>	0.9x tablespoon
Lettuce, average, raw	<b>40g</b>	0.5x NHS serving (1 cereal bowl)
Chicken, breast, grilled without skin, meat only	<b>70g</b>	1.6x Pieces in a wrap/sandwich
Tomatoes, standard, raw	<b>40g</b>	2.2x slice
Sweetcorn kernels, canned in water, drained	<b>20g</b>	0.6x Small portion
Old El Paso Sliced Green Jalapeños 215g	<b>15g</b>	0.1x Per pack
Onions, Red grilled	<b>20g</b>	0.3x medium portion
Kilmeaden Fully Mature Red Irish Cheddar 200g	<b>20g</b>	1x per 20g portion
Sriracha Chilli Sauce	<b>15g</b>	1x Average Portion
Cajun spice mix	<b>2g</b>	0.2x tablespoon

#### Portions / Pack Sizes ...



#### Ingredient List (QUID) ...

Pitta bread (21.6%) (**Wheat**), Chicken (20.2%), Lettuce (11.5%), Tomatoes (11.5%), Guacamole (8.6%) ( **Milk**), Onions (5.8%), Sweetcorn (5.8%), Kilmeaden Fully Mature Red Irish Cheddar 200g (5.8%) [Cheddar (**Milk**), Colour (Annatto)], Old El Paso Sliced Green Jalapeños 215g (4.3%) [Green Jalapeño Peppers (52%), Water, Salt, Acidity Regulator: Acetic Acid], Sriracha sauce (4.3%) (**Sulphites**), Cajun spice (0.58%)