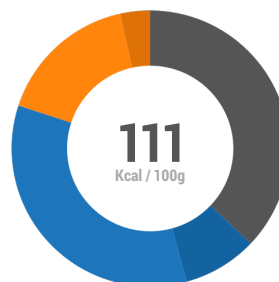


Pita pit A-Tuna Matata

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

43% Carbs

37.1% Protein

20% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

| | PER 100G | %RI | PER 430G SERVING | %RI |
|---------------------------|-----------------|-----|------------------|-----|
| Energy(Kj) | 484 kJ | 6% | 2082 kJ | 25% |
| Energy(Kcal) | 115 kcal | 6% | 494 kcal | 25% |
| Fat | 2.5 g | 4% | 11 g | 16% |
| <i>of which saturates</i> | 0.4 g | 2% | 1.8 g | 9% |
| Carbohydrate | 12 g | 5% | 51 g | 20% |
| <i>of which sugars</i> | 2.4 g | 3% | 10 g | 11% |
| Fibre | 1.8 g | 7% | 7.8 g | 31% |
| Protein | 10 g | 20% | 44 g | 88% |
| Salt | 0.4 g | 7% | 1.7 g | 28% |

CONTAINS:



MAY CONTAIN:



Nutrient Breakdown per 100g...

| Energy | Lipid Components | Vitamins |
|-----------------------|--------------------------------------|--|
| Energy(Kcal) 6% RI | Saturated Fat 2% RI | Vitamin A (ret eq) 3% RI |
| Energy(Kj) 6% RI | Monounsaturated fat 4% RI | Retinol |
| 111kcal | <i>cis-Mono</i> | Carotene |
| 469kJ | Polyunsaturated fat 3% RI | Vitamin D 7% RI |
| Macronutrients | <i>Omega3(n-3)</i> 8% RI | Vitamin E 5% RI |
| Carbohydrate 5% RI | <i>Omega6(n-6)</i> 2% RI | Vitamin K ₁ 13% RI |
| Protein 21% RI | <i>cis-Poly</i> | Thiamin (B ₁) 4% RI |
| Fat 4% RI | Trans-fatty acids | Riboflavin (B ₂) 3% RI |
| Water | Cholesterol | Niacin total (B ₃) 34% RI |
| Water from Drinks | Minerals & trace elements | Niacin 22% RI |
| Alcohol (0% ABV) | Sodium 7% RI | Tryptophan |
| Carbohydrate | Potassium 8% RI | Pantothenic Acid (B ₅) 3% RI |
| Starch | Chloride 35% RI | Vitamin B ₆ 11% RI |
| Oligosaccharide | Calcium 1% RI | Folates (B ₉) Total 5% RI |
| Fibre 7% RI | Phosphorus 9% RI | Vitamin B ₁₂ 41% RI |
| NSP | Magnesium 3% RI | Biotin (B ₇) 3% RI |
| Sugars 3% RI | Iron 4% RI | Vitamin C 13% RI |
| Glucose | Zinc 4% RI | Other |
| Galactose | Copper 4% RI | GI (estimated) |
| Fructose | Manganese 3% RI | GL |
| Sucrose | Selenium 38% RI | |
| Maltose | Iodine 3% RI | |
| Lactose | | |

| Recipe Ingredients ... | Quantity: | Description: |
|---|-------------|--------------------------------|
| Tuna, canned in brine, drained | 130g | 1x Standard can (180g) drained |
| Guacamole, homemade | 25g | 0.7x tablespoon |
| Sweetcorn kernels, canned in water, drained | 30g | 0.3x Large portion |
| Onions, red, raw | 20g | 3.8x homemade sandwich filling |
| Peppers, capsicum, green, raw | 20g | 1x Average Portion |
| Tomatoes, standard, raw | 40g | 2.2x slice |
| Krakus Pickled Dill Cucumbers 670g | 30g | 0x Per pack |
| Lettuce, Cos, raw | 40g | 0.5x NHS Serving (cereal bowl) |
| Hellmanns, Light Mayonnaise | 15g | 1x portion pack |
| Pita Pit bread (Brown) | 80g | 1 pita |

Ingredient List (QUID) ...

Tuna (30.2%) (**Fish**), Pita Pit bread (Brown) (18.6%) (**Wheat**), Tomatoes (9.3%), Cos lettuce (9.3%), Sweetcorn (7%), Krakus Pickled Dill Cucumbers 670g (7%) [Cucumbers (51%), Spirit Vinegar, Sugar, Salt, Spices (including Dill, Garlic, **Mustard**)], Guacamole (5.8%) (**Milk**), Green peppers (4.7%), Red onions (4.7%), Light mayonnaise (3.5%) (**Mustard, Eggs, Milk**)

Cooking Instructions & Notes

- Tuna: a great source of protein but also contains omega 3 fatty acids and minerals such as selenium, potassium, and B vitamins
- Avocado: is a great source of monounsaturated fat which is beneficial in the reduction of ldl cholesterol it is also a great source of vitamin E which has benefits for our skin health and also good for blood pressure
- Sweetcorn: contains vitamins A, B, E, Potassium, Lutein and also fibre and can be beneficial for eye health and maintaining a healthy gut with its fibre content
- Red onion: are packed full of nutrients including Vitamins A, B, C and also minerals such as sulphur and soluble fibre and has anti-inflammatory as well as anti-bacterial properties.
- Tomatoes: contain Vitamins A, B, C and also Beta carotene and Lycopene and are beneficial to heart health, Lycopene has been shown to reduce risk of prostate cancer
- Green pepper: contains Vitamin C, beta-carotene and antioxidants and are good for eye and heart health.
- Dill pickle: can be a great source of probiotic bacteria which help maintain a healthy gut