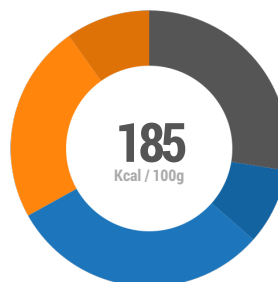


Pita pit Buffalo Chicken

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3539194



WEIGHT:

39.4% Carbs

27.6% Protein

33.1% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 428G SERVING	%RI
Energy(Kj)	790 ^{kJ}	9%	3382 ^{kJ}	40%
Energy(Kcal)	188 ^{kcal}	9%	805 ^{kcal}	40%
Fat	6.8 ^g	10%	29 ^g	41%
of which saturates	2 ^g	10%	8.6 ^g	43%
Carbohydrate	18 ^g	7%	78 ^g	30%
of which sugars	4.1 ^g	5%	18 ^g	20%
Fibre	1.7 ^g	7%	7.1 ^g	28%
Protein	13 ^g	26%	54 ^g	108%
Salt	0.83 ^g	14%	3.5 ^g	58%

CONTAINS:



WHEAT



MUSTARD



EGGS



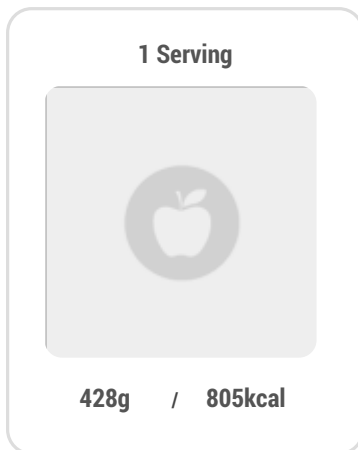
MILK

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 9% RI	Saturated Fat 10% RI	Vitamin A (ret eq) 2% RI
Energy(Kj) 9% RI	Monounsaturated fat 8% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 7% RI	Polyunsaturated fat 7% RI	Vitamin D 2% RI
Protein 25% RI	Omega3(n-3) 10% RI	Vitamin E 4% RI
Fat 10% RI	Omega6(n-6) 5% RI	Vitamin K 1 13% RI
Water	cis-Poly	Thiamin (B ₁) 17% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 4% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 36% RI
Carbohydrate	Minerals & trace elements	Niacin 25% RI
Starch	Sodium 14% RI	Tryptophan
Oligosaccharide	Potassium 10% RI	Pantothenic Acid (B ₅) 8% RI
Fibre 7% RI	Chloride 63% RI	Vitamin B ₆ 15% RI
NSP	Calcium 2% RI	Folates (B ₉) Total 5% RI
Sugars 5% RI	Phosphorus 14% RI	Vitamin B ₁₂ 3% RI
Glucose	Magnesium 4% RI	Biotin (B ₇) 2% RI
Galactose	Iron 3% RI	Vitamin C 13% RI
Fructose	Zinc 5% RI	Other
Sucrose	Copper 4% RI	GI (estimated)
Maltose	Manganese 5% RI	GL
Lactose	Selenium 8% RI	
	Iodine 2% RI	

Recipe Ingredients ...	Quantity:	Description:
Chicken goujons, premium, grilled/baked	120g	1x Average portion (4 goujons)
Bacon rashers, back, grilled crispy	28g	1.9x average
Peppers, capsicum, green, raw	20g	1x Average Portion
Onions, red, raw	20g	3.8x homemade sandwich filling
Sweetcorn kernels, canned in water, drained	30g	0.3x Large portion
Tomatoes, standard, raw	40g	2.2x slice
Charleville Freshly Grated Select Red Cheddar 200g	20g	1x Each 20g serving contains
Lettuce, Cos, raw	40g	0.5x NHS Serving (cereal bowl)
Hellmanns, Light Mayonnaise	15g	1x portion pack
Sweet chilli sauce	15g	1x Average Portion
Pita Pit bread (Brown)	80g	

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Chicken goujons (28%) (**Wheat**), Pita Pit bread (Brown) (18.7%) (**Wheat**), Tomatoes (9.3%), Cos lettuce (9.3%), Sweetcorn (7%), Bacon (6.5%), Red onions (4.7%), Green peppers (4.7%), Charleville Freshly Grated Select Red Cheddar 200g (4.7%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Sweet chilli sauce (3.5%), Light mayonnaise (3.5%) (**Mustard, Eggs, Milk**)