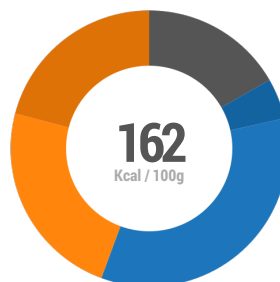


Pita pit Craicin' eggs

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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WEIGHT:

38.9% Carbs

16.7% Protein

44.4% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 315G SERVING	%RI
Energy(Kj)	696 ^{kJ}	8%	2193 ^{kJ}	26%
Energy(Kcal)	166 ^{kcal}	8%	524 ^{kcal}	26%
Fat	8 ^g	11%	25 ^g	36%
<i>of which saturates</i>	3.8 ^g	19%	12 ^g	60%
Carbohydrate	16 ^g	6%	50 ^g	19%
<i>of which sugars</i>	1.9 ^g	2%	6.1 ^g	7%
Fibre	1.3 ^g	5%	4 ^g	16%
Protein	7 ^g	14%	22 ^g	44%
Salt	0.99 ^g	17%	3.1 ^g	52%

CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



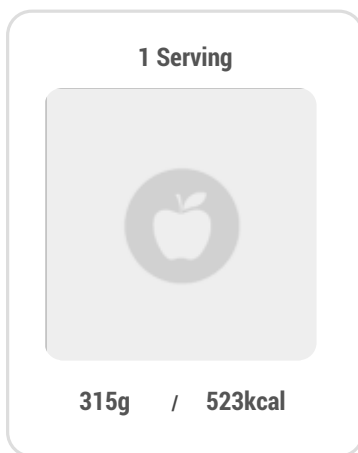
SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 19% RI	Vitamin A (ret eq) 14% RI
Energy(Kj) 8% RI	Monounsaturated fat 9% RI	Retinol
Macronutrients	<i>cis-Mono</i>	Carotene
Carbohydrate 6% RI	Polyunsaturated fat 5% RI	Vitamin D 14% RI
Protein 14% RI	<i>Omega3(n-3)</i> 3% RI	Vitamin E 6% RI
Fat 11% RI	<i>Omega6(n-6)</i> 3% RI	Vitamin K ₁ 32% RI
Water	<i>cis-Poly</i>	Thiamin (B ₁) 13% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 11% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 16% RI
Carbohydrate	Minerals & trace elements	Niacin 6% RI
Starch	Sodium 17% RI	Tryptophan
Oligosaccharide	Potassium 11% RI	Pantothenic Acid (B ₅) 7% RI
Fibre 5% RI	Chloride 79% RI	Vitamin B ₆ 6% RI
NSP	Calcium 11% RI	Folates (B ₉) Total 16% RI
Sugars 2% RI	Phosphorus 14% RI	Vitamin B ₁₂ 26% RI
Glucose	Magnesium 6% RI	Biotin (B ₇) 9% RI
Galactose	Iron 9% RI	Vitamin C 8% RI
Fructose	Zinc 7% RI	Other
Sucrose	Copper 9% RI	GI (estimated)
Maltose	Manganese 13% RI	GL
Lactose	Selenium 11% RI	
	Iodine 9% RI	

Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	90g	2x Round pitta
Eggs, chicken, scrambled, with semi-skimmed milk	75g	1.3x egg
Guacamole, homemade	30g	0.9x tablespoon
Spinach, baby, raw	25g	1.3x cup
Tomatoes, standard, raw	40g	2.2x slice
Onions, red, raw	20g	3.8x homemade sandwich filling
Cheese, Feta	20g	0.7x 5 1cm cubes
Franks Red Hot Original Cayenne Pepper Sauce	15g	

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pitta bread (28.6%) (**Wheat**), **Eggs** (23.8%) (**Milk**), Tomatoes (12.7%), Guacamole (9.5%) (**Milk**), Spinach (7.9%), Feta cheese (6.3%) (**Milk**), Red onions (6.3%), Cayenne pepper sauce (4.8%)