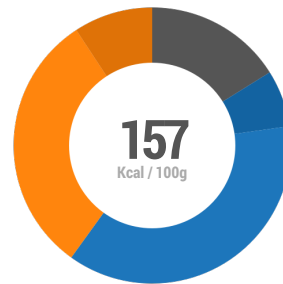


Pita pit Falafel

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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WEIGHT:

43.8% Carbs

16.1% Protein

40.1% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 345G SERVING	%RI
Energy(Kj)	697 ^{kJ}	8%	2404 ^{kJ}	29%
Energy(Kcal)	166 ^{kcal}	8%	574 ^{kcal}	29%
Fat	7 ^g	10%	24 ^g	34%
of which saturates	1.6 ^g	8%	5.6 ^g	28%
Carbohydrate	17 ^g	7%	60 ^g	23%
of which sugars	2.6 ^g	3%	9 ^g	10%
Fibre	3.1 ^g	12%	11 ^g	44%
Protein	6.9 ^g	14%	24 ^g	48%
Salt	0.85 ^g	14%	2.9 ^g	48%

CONTAINS:

WHEAT
 MILK
 SESAME

MAY CONTAIN:

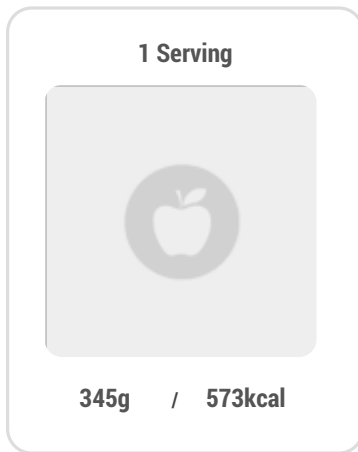
SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 8% RI	Vitamin A (ret eq) 26% RI
Energy(Kj) 8% RI	Monounsaturated fat 11% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 7% RI	Polyunsaturated fat 9% RI	Vitamin D 1% RI
Protein 13% RI	Omega3(n-3) 3% RI	Vitamin E 9% RI
Fat 10% RI	Omega6(n-6) 3% RI	Vitamin K 1 31% RI
Water	cis-Poly	Thiamin (B ₁) 6% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 4% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 6% RI
Carbohydrate	Minerals & trace elements	Niacin 2% RI
Starch	Sodium 14% RI	Tryptophan
Oligosaccharide	Potassium 10% RI	Pantothenic Acid (B ₅) 3% RI
Fibre 13% RI	Chloride 71% RI	Vitamin B ₆ 5% RI
NSP	Calcium 9% RI	Folates (B ₉) Total 13% RI
Sugars 3% RI	Phosphorus 11% RI	Vitamin B ₁₂ 3% RI
Glucose	Magnesium 7% RI	Biotin (B ₇) 1% RI
Galactose	Iron 9% RI	Vitamin C 9% RI
Fructose	Zinc 5% RI	Other
Sucrose	Copper 12% RI	GI (estimated)
Maltose	Manganese 15% RI	GL
Lactose	Selenium 2% RI	
	Iodine 2% RI	

Recipe Ingredients ...	Quantity:	Description:
Falafel, fried in rapeseed oil, homemade	75g	1.3x medium item/falafel
Hummus, homemade	30g	1x tablespoon
Spinach, baby, raw	25g	1.3x cup
Tomatoes, standard, raw	40g	2.2x slice
Carrots, old, raw	25g	0.8x baby carrot
Kalamata Olives	20g	4x average piece
Tzatziki	30g	1x tablespoon
Cheese, Feta	20g	0.7x 5 1cm cubes
Pita Pit bread (Brown)	80g	1 Pita bread

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pita Pit bread (Brown) (23.2%) (**Wheat**), Falafel (21.7%) (**Wheat**), Tomatoes (11.6%), Hummus (8.7%) (**Sesame**), Tzatziki (8.7%) (**Milk**), Carrots (7.2%), Spinach (7.2%), Feta cheese (5.8%) (**Milk**), Olives (5.8%)