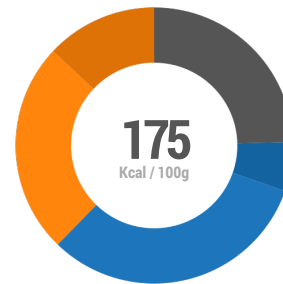


# Pita pit Shredded pork

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3539172



WEIGHT:

**37.7% Carbs**

**24.6% Protein**

**37.7% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 280G SERVING	%RI
Energy(Kj)	758 kJ	9%	2121 kJ	25%
Energy(Kcal)	181 kcal	9%	506 kcal	25%
Fat	7.3 g	10%	21 g	30%
of which saturates	2.5 g	13%	7.1 g	36%
Carbohydrate	16 g	6%	46 g	18%
of which sugars	2.5 g	3%	7 g	8%
Fibre	3.1 g	12%	8.8 g	35%
Protein	11 g	22%	30 g	60%
Salt	0.54 g	9%	1.5 g	25%

CONTAINS:



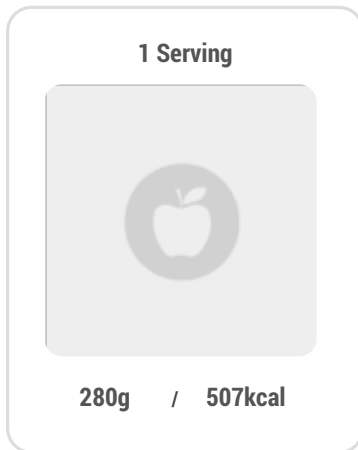
WHEAT,  
BARLEY

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 9% RI	Saturated Fat 13% RI	Vitamin A (ret eq) 30% RI
Energy(Kj) 9% RI	Monounsaturated fat 0% RI	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat 1% RI	Vitamin D 0% RI
	Omega3(n-3) 0% RI	Vitamin E 1% RI
	Omega6(n-6) 0% RI	Vitamin K 1 25% RI
	cis-Poly	Thiamin (B <sub>1</sub> ) 3% RI
	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 3% RI
	Cholesterol	Niacin total (B <sub>3</sub> ) 4% RI
		Niacin 1% RI
		Tryptophan
		Pantothenic Acid (B <sub>5</sub> ) 3% RI
		Vitamin B <sub>6</sub> 2% RI
		Folates (B <sub>9</sub> ) Total 7% RI
		Vitamin B <sub>12</sub>
		Biotin (B <sub>7</sub> ) 0% RI
		Vitamin C 8% RI
		Other
		GI (estimated)
		GL

Recipe Ingredients ...	Quantity:	Description:
Portabello mushrooms, grilled	<b>20g</b>	0.2x cup, sliced
Cabbage, red, raw	<b>25g</b>	0.1x small cabbage
Carrots, old, raw	<b>25g</b>	
Mixed Salad Leaves	<b>40g</b>	
Hellmann's Balsamic Dressing 1L	<b>15ml</b>	
Pita Pit Pulled Pork	<b>75g</b>	
Pita Pit bread (Brown)	<b>80g</b>	

## Portions / Pack Sizes ...



## Ingredient List (QUID) ...

Pita Pit bread (Brown) (28.6%) (**Wheat**), Pita Pit Pulled Pork (26.8%), Mixed Salad Leaves (14.3%), Carrots (8.9%), Red cabbage (8.9%), Mushroom (7.1%), Hellmann's Balsamic Dressing 1L (5.4%) [Water, Balsamic Vinegar (20%) (Wine Vinegar, Grape Must), Sugar, Salt, Maltodextrin, Extra Virgin Olive Oil (0.5%), Thickener (Xanthan Gum), Malt Extract (from **Barley**), Spices (Onion Powder\*, Black Pepper), Lemon Juice Concentrate, Yeast Extract, Flavourings, \*From sustainably grown Onions]