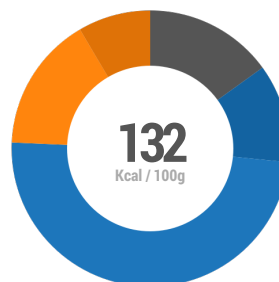


Pita pit Veggie brekkie

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3540610



WEIGHT:

60.7% Carbs

15% Protein

24.3% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 277G SERVING	%RI
Energy(Kj)	579 kJ	7%	1603 kJ	19%
Energy(Kcal)	137 kcal	7%	381 kcal	19%
Fat	3.6 g	5%	9.9 g	14%
<i>of which saturates</i>	1.2 g	6%	3.4 g	17%
Carbohydrate	20 g	8%	56 g	22%
<i>of which sugars</i>	3.8 g	4%	11 g	12%
Fibre	1.6 g	6%	4.6 g	18%
Protein	5.3 g	11%	15 g	30%
Salt	0.95 g	16%	2.6 g	43%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



CELERY



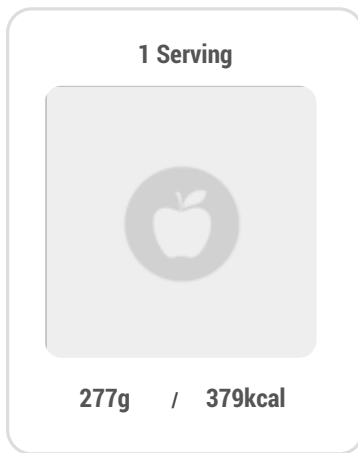
MUSTARD

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 12% RI
Energy(Kj) 7% RI	Monounsaturated fat 5% RI	Retinol
132kcal	cis-Mono	Carotene
558kJ	Polyunsaturated fat 3% RI	Vitamin D 1% RI
Macronutrients	Omega3(n-3) 0% RI	Vitamin E 3% RI
Carbohydrate 8% RI	Omega6(n-6) 1% RI	Vitamin K 1 21% RI
Protein 10% RI	cis-Poly	Thiamin (B ₁) 13% RI
Fat 5% RI	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Water	Cholesterol	Niacin total (B ₃) 15% RI
Water from Drinks	Minerals & trace elements	Niacin 6% RI
Alcohol (0% ABV)	Sodium 16% RI	Tryptophan
Carbohydrate	Potassium 11% RI	Pantothenic Acid (B ₅) 3% RI
Starch	Chloride 84% RI	Vitamin B ₆ 5% RI
Oligosaccharide	Calcium 13% RI	Folates (B ₉) Total 12% RI
Fibre 7% RI	Phosphorus 11% RI	Vitamin B ₁₂ 3% RI
NSP	Magnesium 5% RI	Biotin (B ₇) 1% RI
Sugars 4% RI	Iron 10% RI	Vitamin C 17% RI
Glucose	Zinc 5% RI	Other
Galactose	Copper 12% RI	GI (estimated)
Fructose	Manganese 13% RI	GL
Sucrose	Selenium 5% RI	
Maltose	Iodine 0% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	90g	2x Round pitta
Mixed Salad Leaves	30g	1.3x Average serving
Tomatoes, standard, raw	40g	2.2x slice
Onions, red, raw	20g	3.8x homemade sandwich filling
Portabello mushrooms, grilled	20g	0.2x cup, sliced
Peppers, capsicum, green, raw	20g	1x Average Portion
Kalamata Olives	20g	4x average piece
Relish, tomato based	15g	1.1x teaspoon
Cheese, Feta	20g	0.7x 5 1cm cubes
Zaatar	2g	

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pitta bread (32.5%) (**Wheat**), Tomatoes (14.4%), Mixed Salad Leaves (10.8%), Green peppers (7.2%), Mushroom (7.2%), Red onions (7.2%), Feta cheese (7.2%) (**Milk**), Olives (7.2%), Tomato relish (5.4%), Zaatar (0.72%)