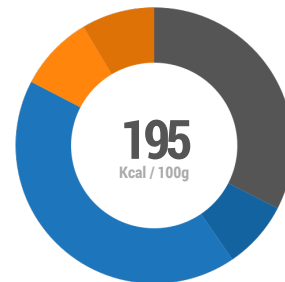


Popeye's BBQ Chicken Pita

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

50.1% Carbs
32.5% Protein
17.4% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 143G SERVING	%RI
Energy(Kj)	847 kJ	10%	1211 kJ	14%
Energy(Kcal)	201 kcal	10%	287 kcal	14%
Fat	3.8 g	5%	5.4 g	8%
<i>of which saturates</i>	1.9 g	10%	2.6 g	13%
Carbohydrate	24 g	9%	35 g	13%
<i>of which sugars</i>	3.9 g	4%	5.6 g	6%
Fibre	2.9 g	12%	4.1 g	16%
Protein	16 g	32%	23 g	46%
Salt	0.41 g	7%	0.59 g	10%

CONTAINS:

- WHEAT
- MILK

MAY CONTAIN:

- SOYA

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 10% RI	Saturated Fat 9% RI	Vitamin A (ret eq) 4% RI
Energy(Kj) 10% RI	Monounsaturated fat 1% RI	Retinol
195kcal	<i>cis-Mono</i>	33.6ug
825kJ	Polyunsaturated fat 1% RI	0ug
Carbohydrate 9% RI	<i>Omega3(n-3)</i> 1% RI	<i>Carotene</i>
24.4g	<i>Omega6(n-6)</i> 1% RI	Vitamin D 2% RI
Protein 32% RI	<i>cis-Poly</i>	Vitamin E 2% RI
15.9g	Trans-fatty acids	Vitamin K ₁ 41% RI
Fat 5% RI	Cholesterol	Thiamin (B ₁) 6% RI
3.8g		Riboflavin (B ₂) 4% RI
Water		Niacin total (B ₃) 39% RI
54g		<i>Niacin</i> 28% RI
Water from Drinks		<i>Tryptophan</i>
0g		Pantothenic Acid (B ₅) 8% RI
Alcohol (0% ABV)		Vitamin B ₆ 14% RI
0g	Minerals & trace elements	Folates (B ₉) Total 11% RI
	Sodium 7% RI	Vitamin B ₁₂ 0% RI
	Potassium 11% RI	Vitamin B ₇ 1% RI
	Chloride 32% RI	Vitamin C 6% RI
	Calcium 2% RI	4.9mg
	Phosphorus 13% RI	Other
	Magnesium 6% RI	GI (estimated)
	Iron 3% RI	GL
	Zinc 3% RI	9.2
	Copper 4% RI	2.2
	Manganese 5% RI	
	Selenium 9% RI	
	Iodine 2% RI	

Recipe Ingredients ...	Quantity:	Description:
Pita Pit bread (Brown)	60g	1 Petita
Chicken, breast, grilled without skin, meat only	38g	0.8x Pieces in a wrap/sandwich
Charleville Freshly Grated Select Red Cheddar 200g	10g	0.5x Each 20g serving contains
Sweetcorn kernels, canned in water, drained	10g	0.3x Small portion
Spinach, baby, raw	15g	0.8x cup
Barbecue sauce	10g	0.1x On 16

Ingredient List (QUID) ...

Pita Pit bread (Brown) (42%) (**Wheat**), Chicken (26.6%), Spinach (10.5%), Sweetcorn (7%), Charleville Freshly Grated Select Red Cheddar 200g (7%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Barbecue sauce (7%)