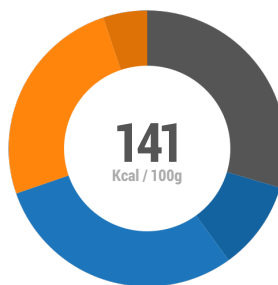
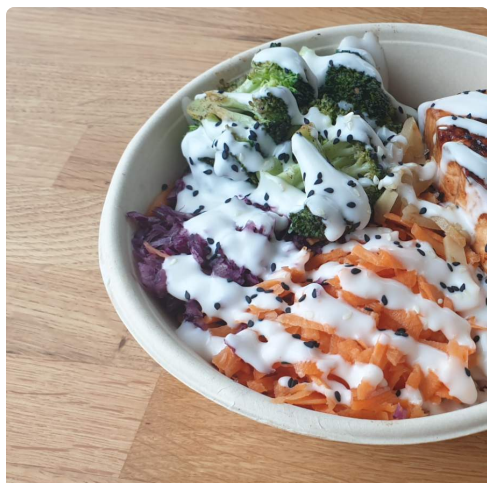


Teriyaki Bowl (Chicken Large)

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3507488



WEIGHT:
40.1% Carbs
29.6% Protein
30.3% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 599G SERVING	%RI
Energy(Kj)	605 kJ	7%	3625 kJ	43%
Energy(Kcal)	144 kcal	7%	862 kcal	43%
Fat	4.7 g	7%	28 g	40%
<i>of which saturates</i>	0.8 g	4%	4.8 g	24%
Carbohydrate	14 g	5%	85 g	33%
<i>of which sugars</i>	3.7 g	4%	22 g	24%
Fibre	1.4 g	6%	8.2 g	33%
Protein	10 g	20%	63 g	126%
Salt	0.24 g	4%	1.4 g	23%

CONTAINS:

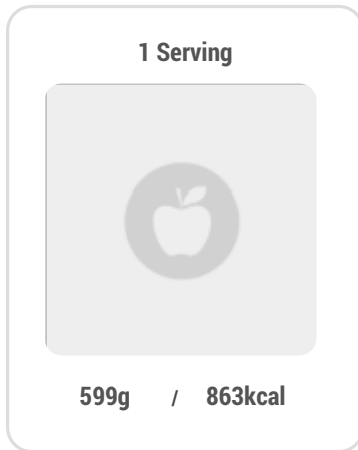


Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 19% RI
Energy(Kj) 7% RI	Monounsaturated fat 4% RI	Retinol
141kcal	cis-Mono	Carotene
593kJ	Polyunsaturated fat 13% RI	Vitamin D 2% RI
Macronutrients	Omega3(n-3) 6% RI	Vitamin E 7% RI
Carbohydrate 5% RI	Omega6(n-6) 14% RI	Vitamin K ₁ 0% RI
Protein 21% RI	cis-Poly	Thiamin (B ₁) 9% RI
Fat 7% RI	Trans-fatty acids	Riboflavin (B ₂) 3% RI
Water	Cholesterol	Niacin total (B ₃) 43% RI
Water from Drinks	Minerals & trace elements	Niacin 30% RI
Alcohol (0% ABV)	Sodium 4% RI	Tryptophan
Carbohydrate	Potassium 9% RI	Pantothenic Acid (B ₅) 9% RI
Starch	Chloride 21% RI	Vitamin B ₆ 14% RI
Oligosaccharide	Calcium 2% RI	Folates (B ₉) Total 5% RI
Fibre 5% RI	Phosphorus 19% RI	Vitamin B ₁₂ 2% RI
NSP	Magnesium 9% RI	Biotin (B ₇) 2% RI
Sugars 4% RI	Iron 4% RI	Vitamin C 7% RI
Glucose	Zinc 5% RI	Other
Galactose	Copper 6% RI	GI (estimated)
Fructose	Manganese 19% RI	GL
Sucrose	Selenium 10% RI	
Maltose	Iodine 2% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	210g	2.6x Small portion
Chicken, breast, grilled without skin, meat only	150g	1.5x Pieces in a long roll
Sweet potato, boiled in unsalted water, flesh only	40g	0x extra large
Cabbage, red, raw	30g	0.1x small cabbage
Carrots, old, raw	30g	1x baby carrot
Birds Eye Edamame Beans 480g	30g	0.4x Per Portion (80g) Boiled Provides:
Ginger, pickled	15g	1.5x average portion
Japanese Mayonnaise	30g	2x Average Portion
Beansprouts, mung, raw	30g	0.3x cup
Sesame seeds	2g	0.5x teaspoon
Yutaka Black Roasted Sesame Seeds 100g	2g	0x Per pack
Blue Dragon Teriyaki Sauce 1L	30ml	

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Brown rice (35.1%), Chicken (25%), Sweet potatoes (6.7%), Japanese Mayonnaise (5%) (**Mustard, Eggs**), Blue Dragon Teriyaki Sauce 1L (5%) [Water, Sugar, Japanese Soy Sauce (10%) [Water, Defatted **Soya** Beans, Roasted **Wheat**, Salt, Alcohol], Modified Maize Starch, Soybean Paste (1%) [Water, **Soya** Beans, Rice, Salt], Ginger Purée (1%), Yeast Extract Paste [Yeast Extract, Salt], Acidity Regulator (Citric Acid), Colour (Plain Caramel)], Birds Eye Edamame Beans 480g (5%) [Edamame Beans (**Soya**) (100%)], Carrots (5%), Red cabbage (5%), Beansprouts (5%), Ginger pickled (2.5%) (**Sulphites**), Yutaka Black Roasted **Sesame** Seeds 100g (0.33%) [**Sesame** Seeds (100%)], **Sesame** seeds (0.33%)