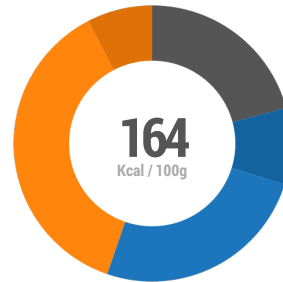


Teriyaki Bowl (Salmon Large)

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3507499



WEIGHT:

34.4% Carbs

20.9% Protein

44.7% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 599G SERVING	%RI
Energy(Kj)	701 kJ	8%	4201 kJ	50%
Energy(Kcal)	168 kcal	8%	1004 kcal	50%
Fat	8.2 g	12%	49 g	70%
of which saturates	1.4 g	7%	8.3 g	42%
Carbohydrate	14 g	5%	85 g	33%
of which sugars	3.7 g	4%	22 g	24%
Fibre	1.4 g	6%	8.2 g	33%
Protein	8.6 g	17%	52 g	104%
Salt	0.24 g	4%	1.4 g	23%

CONTAINS:

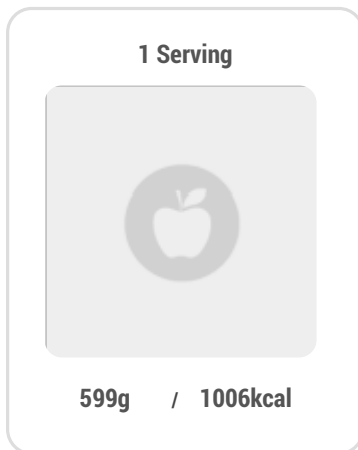


Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 7% RI	Vitamin A (ret eq) 19% RI
Energy(Kj) 8% RI	Monounsaturated fat 9% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 5% RI	Polyunsaturated fat 19% RI	Vitamin D 39% RI
Protein 17% RI	Omega3(n-3) 42% RI	Vitamin E 15% RI
Fat 12% RI	Omega6(n-6) 15% RI	Vitamin K 1 0% RI
Water	cis-Poly	Thiamin (B ₁) 10% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 2% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 28% RI
Carbohydrate	Minerals & trace elements	Niacin 19% RI
Starch	Sodium 4% RI	Tryptophan
Oligosaccharide	Potassium 9% RI	Pantothenic Acid (B ₅) 9% RI
Fibre 5% RI	Chloride 21% RI	Vitamin B ₆ 5% RI
NSP	Calcium 2% RI	Folates (B ₉) Total 6% RI
Sugars 4% RI	Phosphorus 17% RI	Vitamin B ₁₂ 36% RI
Glucose	Magnesium 8% RI	Biotin (B ₇) 2% RI
Galactose	Iron 4% RI	Vitamin C 7% RI
Fructose	Zinc 5% RI	Other
Sucrose	Copper 6% RI	GI (estimated)
Maltose	Manganese 20% RI	GL
Lactose	Selenium 12% RI	
	Iodine 4% RI	

Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	210g	2.6x Small portion
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	
Salmon, farmed, flesh only, grilled	150g	1.5x average darne

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Brown rice (35.1%), Salmon (25%) (**Fish**), Sweet potatoes (6.7%), Carrots (5%), Red cabbage (5%), Beansprouts (5%), 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%)], Ginger pickled (2.5%) (**Sulphites**), Yutaka Black Roasted **Sesame** Seeds 100g (0.33%) [**Sesame** Seeds (100%)], **Sesame** seeds (0.33%)