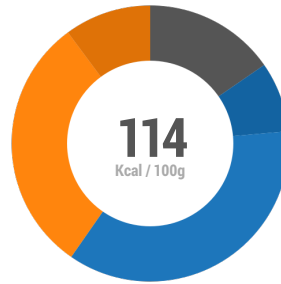


# Veg satay bowl (large)

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

U / 3535603



WEIGHT:

**44.3% Carbs**

**15.4% Protein**

**40.3% Fat**

Food Labelling...

## EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 614G SERVING	%RI
Energy(Kj)	493 <sup>kj</sup>	6%	3030 <sup>kj</sup>	36%
Energy(Kcal)	118 <sup>kcal</sup>	6%	723 <sup>kcal</sup>	36%
Fat	5.1 <sup>g</sup>	7%	31 <sup>g</sup>	44%
of which saturates	1.3 <sup>g</sup>	7%	7.8 <sup>g</sup>	39%
Carbohydrate	13 <sup>g</sup>	5%	77 <sup>g</sup>	30%
of which sugars	2.3 <sup>g</sup>	3%	14 <sup>g</sup>	16%
Fibre	1.7 <sup>g</sup>	7%	10 <sup>g</sup>	40%
Protein	4.5 <sup>g</sup>	9%	28 <sup>g</sup>	56%
Salt	0.24 <sup>g</sup>	4%	1.5 <sup>g</sup>	25%

CONTAINS:

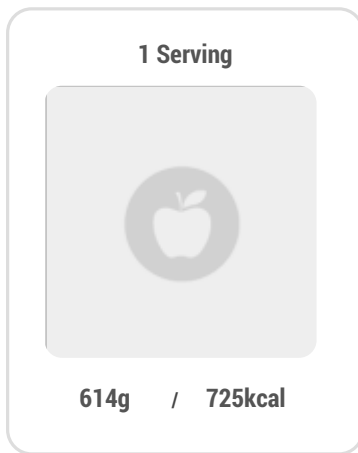


Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 19% RI
Energy(Kj) 6% RI	Monounsaturated fat 5% RI	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat 8% RI	Vitamin D 4% RI
	Omega3(n-3) 1% RI	Vitamin E 4% RI
	Omega6(n-6) 4% RI	Vitamin K <sub>1</sub> 14% RI
	cis-Poly	Thiamin (B <sub>1</sub> ) 8% RI
	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 4% RI
	Cholesterol	Niacin total (B <sub>3</sub> ) 15% RI
		Niacin 8% RI
		Tryptophan
		Pantothenic Acid (B <sub>5</sub> ) 7% RI
		Vitamin B <sub>6</sub> 7% RI
		Folates (B <sub>9</sub> ) Total 12% RI
		Vitamin B <sub>12</sub> 10% RI
		Biotin (B <sub>7</sub> ) 12% RI
		Vitamin C 10% RI
		Other
		GI (estimated)
		GL

Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	<b>210g</b>	2.6x Small portion
Carrots, old, raw	<b>40g</b>	1.3x baby carrot
Cucumber, raw, flesh and skin	<b>40g</b>	0.7x 1/2 cup slices
Beansprouts, mung, raw	<b>20g</b>	0.2x cup
Egg, fried in sunflower oil	<b>60g</b>	1x Average Portion
Tesco Traditional Pickled Onions 440G	<b>20g</b>	0x Pack
Peanuts, roasted and salted	<b>20g</b>	1.5x 10 kernels, with skin
Yeo's Satay Sauce 250ml	<b>50g</b>	0.2x Per pack
Coriander, fresh, raw	<b>4g</b>	1x Average Portion
Cauliflower, boiled in unsalted water	<b>150g</b>	7.5x floret

## Portions / Pack Sizes ...



## Ingredient List (QUID) ...

Brown rice (34.2%), Cauliflower (24.4%), **Eggs** (9.8%), Yeo's Satay Sauce 250ml (8.1%) [Coconut Extract, Onion, **Peanut** (13%), Water, Sugar, Palm Oil, Tamarind Extract, Spices, Chilli Powder, Salt, Thickener: E1442], Carrots (6.5%), Cucumber (6.5%), Roasted **Peanuts** (3.3%), Tesco Traditional Pickled Onions 440G (3.3%) [Onion, Water, Spirit Vinegar, Salt, Malted **Barley** Extract, Flavouring, Preservative (Sodium **Metabisulphite**).], Beansprouts (3.3%), Coriander (0.65%)