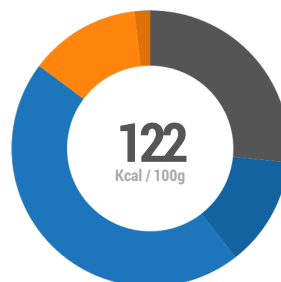


# pita pit Kebab Oumph

By Shane Loughlin from Culinary Nutrition Consulting

Overview ...

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CALORIES:

**58.6% Carbs**  
**26.6% Protein**  
**14.8% Fat**

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 280G SERVING	%RI
Energy(Kj)	548 <sup>kj</sup>	7%	1534 <sup>kj</sup>	18%
Energy(Kcal)	130 <sup>kcal</sup>	7%	364 <sup>kcal</sup>	18%
Fat	2 <sup>g</sup>	3%	5.6 <sup>g</sup>	8%
<i>of which saturates</i>	0.2 <sup>g</sup>	1%	0.7 <sup>g</sup>	4%
Carbohydrate	18 <sup>g</sup>	7%	50 <sup>g</sup>	19%
<i>of which sugars</i>	3.9 <sup>g</sup>	4%	11 <sup>g</sup>	12%
Fibre	3.9 <sup>g</sup>	16%	11 <sup>g</sup>	44%
Protein	8.1 <sup>g</sup>	16%	23 <sup>g</sup>	46%
Salt	0.72 <sup>g</sup>	12%	2 <sup>g</sup>	33%

CONTAINS:



WHEAT



SOYA



SULPHITES

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI	Saturated Fat <b>1% RI</b>	Vitamin A (ret eq) 27% RI
Energy(Kj) 6% RI	Monounsaturated fat 0% RI	Retinol 0ug
<b>Macronutrients</b>	cis-Mono	Carotene 1282ug
Carbohydrate 7% RI	Polyunsaturated fat 1% RI	Vitamin D 0% RI
Protein 16% RI	Omega3(n-3) 0% RI	Vitamin E 1% RI
Fat <b>3% RI</b>	Omega6(n-6) 0% RI	Vitamin K <sub>1</sub> 36% RI
Water	cis-Poly	Thiamin (B <sub>1</sub> ) 3% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 4% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B <sub>3</sub> ) 5% RI
<b>Carbohydrate</b>	<b>Minerals &amp; trace elements</b>	Niacin 1% RI
Starch	Sodium <b>12% RI</b>	Tryptophan 5.9mg
Oligosaccharide	Potassium 7% RI	Pantothenic Acid (B <sub>5</sub> ) 3% RI
Fibre 16% RI	Chloride 55% RI	Vitamin B <sub>6</sub> 4% RI
NSP	Calcium 2% RI	Folates (B <sub>9</sub> ) Total 18% RI
Sugars <b>4% RI</b>	Phosphorus 3% RI	Vitamin B <sub>12</sub> 0ug
Glucose	Magnesium 3% RI	Biotin (B <sub>7</sub> ) 1% RI
Galactose	Iron 8% RI	Vitamin C 19% RI
Fructose	Zinc 2% RI	<b>Other</b>
Sucrose	Copper 6% RI	GI (estimated)
Maltose	Manganese 5% RI	GL
Lactose	Selenium 4% RI	
	Iodine 1% RI	

Recipe Ingredients ...	Quantity:	Description:
Oumph! Kebab Spiced 280g	75g	0.3x Per pack
Onions, red, raw	20g	3.8x homemade sandwich filling
Peppers, capsicum, red, raw	20g	1x Average Portion
Portabello mushrooms, grilled	20g	0.2x cup, sliced
Spinach, baby, raw	25g	1.3x cup
Sriracha Chilli Sauce	15g	1x Average Portion
Carrots, old, raw	25g	
Pita Pit bread (Brown)	80g	1 pita

## Ingredient List (QUID) ...

Pita Pit bread (Brown) (28.6%) (**Wheat**), Oumph! Kebab Spiced 280g (26.8%) [Water, **Soya** Protein Concentrate (20%), Sunflower Oil, Grape Sugar, Salt, Paprika, Coriander, Ginger, Cardamom, Oregano, Garlic, Cumin, Caraway, Black Pepper, Parsley, Fenugreek, Red Chilli], Carrots (8.9%), Spinach (8.9%), Red onions (7.1%), Mushroom (7.1%), Red peppers (7.1%), Sriracha sauce (5.4%) (**Sulphites**)

## Cooking Instructions &amp; Notes

- **Oumph**; a plant-based meat alternative that is packed with bioavailable protein and fibre and is high in iron and folate content. Oumph is produced from responsibly grown soy from the Danube region.
- **Red onion**: are packed full of nutrients including Vitamins A, B, C and also minerals such as sulphur and soluble fibre and has anti-inflammatory as well as anti-bacterial properties.
- **Mushrooms**; are a source of vitamin A and D, also antioxidants. Vitamin D is essential for a healthy immune system and bone health. Cooking of mushrooms increases their antioxidant potency
- **Red pepper**: contains Vitamin C, beta-carotene and antioxidants and are good for eye and heart health.
- **Spinach**; is packed with vitamins, minerals, and antioxidants. It has great anti-inflammatory properties and is good for bone health and is also good for your heart.