

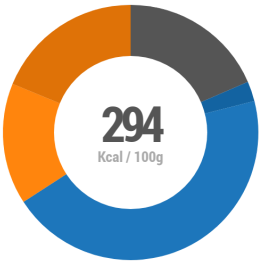
Cheese Ciabatta March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808100



CALORIES:

47.3% Carbs

18.5% Protein

34.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(Kj)	1255 kJ	15%	1857 kJ	22%
Energy(kcal)	299 kcal	15%	442 kcal	22%
Fat	11 g	16%	16 g	23%
of which saturates	6.1 g	31%	9.1 g	46%
Carbohydrate	35 g	13%	51 g	20%
of which sugars	1.9 g	2%	2.7 g	3%
Fibre	2.6 g	10%	3.8 g	15%
Protein	14 g	28%	20 g	40%
Salt	1.1 g	18%	1.6 g	27%

CONTAINS:



WHEAT



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 15% RI	294kcal	Saturated Fat 31% RI	6.1g	Vitamin A (ret eq)	0ug
Energy(Kj) 15% RI	1234kJ	Monounsaturated fat 5% RI	1.5g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	-
Carbohydrate 13% RI	34.8g	Polyunsaturated fat 4% RI	0.6276g	Vitamin D	0ug
Protein 27% RI	13.6g	Omega3(n-3)	-	Vitamin E 3% RI	0.343mg
Fat 16% RI	11.1g	Omega6(n-6)	-	Vitamin K 1	-
Water	36g	cis-Poly	-	Thiamin (B ₁) 16% RI	0.1751mg
Water from Drinks	0g	Trans-fatty acids	0.0146g	Riboflavin (B ₂) 3% RI	0.0438mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 19% RI	3.1mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 9% RI	1.5mg
Starch	32.9g	Sodium 18% RI	444mg	Tryptophan	96mg
Oligosaccharide	-	Potassium 6% RI	111mg	Pantothenic Acid (B ₅) 5% RI	0.2919mg
Fibre 10% RI	-	Chloride 84% RI	672mg	Vitamin B ₆ 4% RI	0.0511mg
NSP	2g	Calcium 11% RI	88mg	Folates (B ₉) Total	0ug
Sugars 2% RI	1.9g	Phosphorus 10% RI	73mg	Vitamin B ₁₂	0ug
Glucose	0.0007g	Magnesium 4% RI	16.1mg	Biotin (B ₇) 1% RI	0.7297ug
Galactose	-	Iron 7% RI	1mg	Vitamin C	0mg
Fructose	0.073g	Zinc 5% RI	0.5108mg	OTHER	
		Copper 7% RI	0.0657mg		
		Manganese 22% RI	0.4378mg		

Sucrose
Maltose
Lactose

0.2189g
2g
0g

Selenium 25% RI
Iodine 5% RI

13.9ug
7.3ug

GI (estimated)
GL
Caffeine

72
25
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Ciabatta Actual..
BREAD CIABATTA

U

108g

1 ½ x Average Portion

unchanged

Sliced Cheddar Actual..
CHEDDAR CHEESE

U

40g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



148g / 442kcal

1.0

INGREDIENT LIST (QUID) ...

Bread Ciabatta (73%) [Fortified **Wheat** Flour (**Wheat** Flour, **Wheat Gluten**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Salt, Yeast, Malted **Wheat** Flour, Flour Treatment Agent, Ascorbic Acid], Cheddar Cheese (27%) [Pasteurised **Milk**, Salt, Micobial Rennet, Starterculture, Colour (E160b)(li)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

108g Bread ciabatta (1 ½ x Average Portion)

40g Cheddar cheese ()

METHOD

No Cooking Instructions