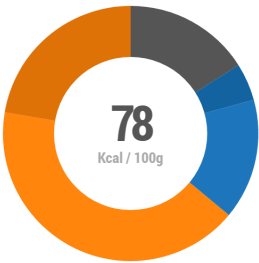


Sausage, Potato Cubes + Mixed Veg (actual)

By Sinead Bradbury

OVERVIEW ...

U / 13277360



CALORIES:

20% Carbs

16% Protein

64% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 219G SERVING	%RI
Energy(Kj)	329 kJ	4%	721 kJ	9%
Energy(kcal)	79 kcal	4%	174 kcal	9%
Fat	5.5 g	8%	12 g	17%
of which saturates	1.9 g	10%	4.2 g	21%
Carbohydrate	3.9 g	2%	8.5 g	3%
of which sugars	0.9 g	1%	2 g	2%
Fibre	0.8 g	3%	1.8 g	7%
Protein	3.1 g	6%	6.8 g	14%
Salt	0.5 g	8%	1.1 g	18%

CONTAINS:



WHEAT



SULPHITES

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 4% RI	78kcal	Saturated Fat 10% RI	1.9g	Vitamin A (ret eq) 12% RI	100ug
Energy(Kj) 4% RI	323kJ	Monounsaturated fat 0% RI	0.0003g	Retinol	0ug
		cis-Mono	-	Carotene	-
MACRONUTRIENTS		Polyunsaturated fat 0% RI	0.0003g	Vitamin D	0ug
Carbohydrate 1% RI	3.9g	Omega3(n-3)	-	Vitamin E 0% RI	0.0003mg
Protein 6% RI	3.1g	Omega6(n-6)	-	Vitamin K ₁	-
Fat 8% RI	5.5g	cis-Poly	-	Thiamin (B ₁) 3% RI	0.0285mg
Water	32.3g	Trans-fatty acids	0g	Riboflavin (B ₂) 2% RI	0.0214mg
Water from Drinks	0g	Cholesterol	0mg	Niacin total (B ₃) 2% RI	0.3087mg
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS		Niacin 1% RI	0.19mg
		Sodium 8% RI	200mg	Tryptophan	7.1mg
		Potassium 2% RI	30.9mg	Pantothenic Acid (B ₅) 0% RI	0.0003mg
		Chloride 38% RI	303mg	Vitamin B ₆ 2% RI	0.0261mg
		Calcium 1% RI	8.3mg	Folates (B ₉) Total	0ug
		Phosphorus 2% RI	13.5mg	Vitamin B ₁₂	0ug
		Magnesium 1% RI	3.8mg	Biotin (B ₇) 0% RI	0.0003ug
		Iron 1% RI	0.19mg	Vitamin C 4% RI	3.1mg
		Zinc 1% RI	0.095mg		
		Copper 0% RI	0.0047mg	OTHER	
		Manganese 2% RI	0.0475mg	GI (estimated)	16.5
		Selenium 0% RI	0.0003ug		

Maltose
Lactose

0g
0g

Iodine 0% RI

0.0003ug

GL
Caffeine

0.6411
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Sausage Actual..
SAUSAGE

U 49g

unchanged

Potato Cubes Actual..

U 118g

unchanged

Mixed Veg Actual..
VEGETABLES WATER

U 52g

0.32 x 1 cup

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



219g / 174kcal

1

INGREDIENT LIST (QUID) ...

Potato Cubes Actual (53.9%) [Potatoes, Seasoning (4%) (Modified Starch, Rice, Flour (**Wheat**), Salt, Garlic Powder, Onion Powder, Spice (Bell Pepper, Black Pepper), Dextrin, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Natural Flavouring (Paprika Extract), Thickener (Xanthan Gum), Sunflower Oil], Vegetables Water (23.7%), Sausage (22.4%) [Pork (55%), Water, Rusk (**Wheat** Flour, Salt), Pork Fat, Seasoning (Salt, Spices), Flavour Enhancer (E621), Stabiliser (E450), Preservative (Sodium **Sulphite**), Filled Into Beef Collagen Casings Cooked In Rapeseed Oil]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

52g Vegetables water (0.32 x 1 cup)

118g Potato Cubes Actual ()

49g Sausage ()

METHOD

No Cooking Instructions