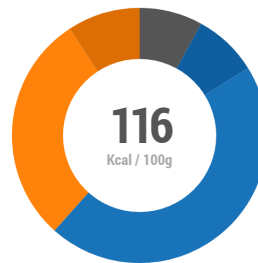


By Sinead Bradbury

OVERVIEW ...

U / 14971896



CALORIES:

53.6% Carbs

8% Protein

38.4% Fat

FOOD LABELLING...

Serves

	PER 100G	%RI
Energy(Kj)	503 kJ	6%
Energy(kcal)	120 kcal	6%
Fat	4.9 g	7%
<i>of which saturates</i>	1.2 g	6%
Carbohydrate	15 g	6%
<i>of which sugars</i>	2.4 g	3%
Fibre	2.2 g	9%
Protein	2.3 g	5%
Salt	0.62 g	10%

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS		
Energy(kcal) 6% RI	116kcal	Saturated Fat 6% RI	1.2g	Vitamin A (ret eq) 6% RI	45ug	
Energy(Kj) 6% RI	485kJ	Monounsaturated fat 0% RI	0.0293g	Retinol	1.2ug	
MACRONUTRIENTS		cis-Mono	-	Carotene	0.5833ug	
		Polyunsaturated fat 0% RI	0.0293g	Vitamin D	0ug	
		Omega3(n-3)	0g	Vitamin E 0% RI	0.0176mg	
		Omega6(n-6)	0g	Vitamin K ₁	-	
		cis-Poly	-	Thiamin (B ₁) 5% RI	0.0592mg	
	Carbohydrate 6% RI	15.5g	Trans-fatty acids	0g	Riboflavin (B ₂) 2% RI	0.021mg
	Protein 5% RI	2.3g	Cholesterol	0.2917mg	Niacin total (B ₃) 2% RI	0.395mg
Fat 7% RI	4.9g	MINERALS & TRACE ELEMENTS		Niacin 1% RI	0.2088mg	
Water	74g			Tryptophan	11.2mg	
Water from Drinks	0g			Pantothenic Acid (B ₅) 2% RI	0.108mg	
Alcohol (0% ABV)	0g			Vitamin B ₆ 7% RI	0.096mg	
				Folates (B ₉) Total 3% RI	6.7ug	
				Vitamin B ₁₂ 1% RI	0.0204ug	
				Biotin (B ₇) 0% RI	0.1751ug	
CARBOHYDRATE		Sodium 10% RI	247mg	Vitamin C 4% RI	2.9mg	
		Potassium 4% RI	89mg	OTHER		
Starch	13.1g	Chloride 47% RI	374mg		GI (estimated)	20.2
Oligosaccharide	-	Calcium 1% RI	10.6mg			
Fibre 9% RI	2.2g	Phosphorus 3% RI	18.2mg			
NSP	1.7g	Magnesium 2% RI	5.8mg			
Sugars 3% RI	2.4g	Iron 1% RI	0.1825mg			
Glucose	0.0417g	Zinc 1% RI	0.135mg			
Galactose	0g	Copper 2% RI	0.0196mg			
Fructose	0.0417g	Manganese 2% RI	0.0442mg			
Sucrose	0.2917g	Selenium 1% RI	0.2918ug			

Maltose
Lactose

0g
0g

Iodine 1% RI

1.5ug

GL
Caffeine

3.1
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Veg Burger Actual..
BURGER

U

115g

N/A

Mashed Carrots & Parsnip..
CARROTS PARSNIP

U

30g

unchanged

Mashed Potato Actual..
POTATOES 1% FAT MILK

U

70g

0.78 x 1 Scoop

unchanged

Mixed Veg Actual..
VEGETABLES WATER

U

25g

0.15 x 1 cup

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



1.0

INGREDIENT LIST (QUID) ...

Burger (47.9%) [Rehydrated Potato (33%) (Water, Potato Flakes, Emulsifier (E471) Acidity Regulator (E330) Turmeric), Vegetables (26%) (Onion, Carrot, Sweet Corn, Peas, Broccoli), Breadcrumbs (**Wheat** Flour, Water, Yeast, Salt, Dextrose, Spice Extracts), Rapeseed Oil, Water, **Wheat** Flour, Salt, Starch (Corn, **Wheat**), Flavouring, Yeast Extract, Spices, Bamboo Fibre, Vegetable Powder (Mushroom, Onion), Sugar, Thickener (E461, E412)], Potatoes 1% Fat **Milk** (29.2%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper], Carrots Parsnip (12.5%) [Carrots (59%), Parsnip (39%), Butter (**Milk**), Salt], Vegetables Water (10.4%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. May contain traces of **Mustard**, **Soya**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

30g Carrots parsnip ()

70g Potatoes 1% fat milk (0.78 x 1 Scoop)

25g Vegetables water (0.15 x 1 cup)

115g Burger ()

METHOD

No Cooking Instructions