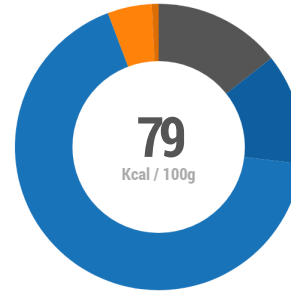


# Chicken Noodle Dish Sept '25

By Sinead Bradbury

OVERVIEW ...

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CALORIES:  
**79.9% Carbs**  
**14.3% Protein**  
**5.7% Fat**

FOOD LABELLING...

## EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(Kj)	<b>334</b> kJ	4%	<b>801</b> kJ	10%
Energy(kcal)	<b>79</b> kcal	4%	<b>189</b> kcal	9%
Fat	<b>0.5</b> g	1%	<b>1.2</b> g	2%
<i>of which saturates</i>	<b>0</b> g	0%	<b>0.2</b> g	1%
Carbohydrate	<b>16</b> g	6%	<b>38</b> g	15%
<i>of which sugars</i>	<b>2.5</b> g	3%	<b>5.9</b> g	7%
Fibre	-	-	-	-
Protein	<b>2.8</b> g	6%	<b>6.8</b> g	14%
Salt	<b>0.44</b> g	7%	<b>1.1</b> g	18%

CONTAINS:



WHEAT



SOYA

## NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 4% RI	Saturated Fat <b>0% RI</b>	Vitamin A (ret eq) -
Energy(Kj) 4% RI	Monounsaturated fat	Retinol -
	<b>0.0668g</b>	Carotene -
	<i>cis-Mono</i>	Vitamin D -
	Polyunsaturated fat	Vitamin E -
	<i>Omega3(n-3)</i>	Vitamin K <sub>1</sub> -
	<i>Omega6(n-6)</i>	Thiamin (B <sub>1</sub> ) -
	<i>cis-Poly</i>	Riboflavin (B <sub>2</sub> ) -
	Trans-fatty acids	Niacin total (B <sub>3</sub> ) -
	Cholesterol	Niacin -
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	
Carbohydrate 6% RI		
Protein 6% RI		
Fat <b>1% RI</b>		
Water		
Water from Drinks		
Alcohol		



