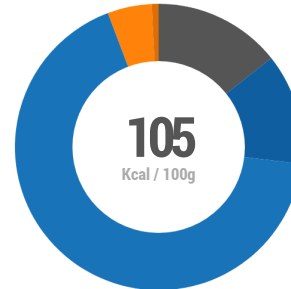


Vegetarian Noodle Dish Sept '25

By Sinead Bradbury

OVERVIEW ...

U / 16182224



CALORIES:
79.9% Carbs
14.3% Protein
5.7% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(Kj)	445 kJ	5%	979 kJ	12%
Energy(kcal)	105 kcal	5%	231 kcal	12%
Fat	0.7 g	1%	1.5 g	2%
<i>of which saturates</i>	0 g	0%	0.2 g	1%
Carbohydrate	21 g	8%	46 g	18%
<i>of which sugars</i>	3.3 g	4%	7.2 g	8%
Fibre	-	-	-	-
Protein	3.8 g	8%	8.3 g	17%
Salt	0.59 g	10%	1.3 g	22%

CONTAINS:



WHEAT



SOYA

NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 5% RI	Saturated Fat 0% RI	Vitamin A (ret eq)
Energy(Kj) 5% RI	Monounsaturated fat	Retinol
	<i>cis-Mono</i>	Carotene
	Polyunsaturated fat	Vitamin D
	<i>Omega3(n-3)</i>	Vitamin E
	<i>Omega6(n-6)</i>	Vitamin K ₁
	<i>cis-Poly</i>	Thiamin (B ₁)
	Trans-fatty acids	Riboflavin (B ₂)
	Cholesterol	Niacin total (B ₃)
		Niacin
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	
Carbohydrate 8% RI		
Protein 8% RI		
Fat 1% RI		
Water		
Water from Drinks		
Alcohol		

CARBOHYDRATE				
Starch	17.7g	Sodium	236mg	Tryptophan
Oligosaccharide	-	Potassium	-	Pantothenic Acid (B ₅)
Fibre	-	Chloride	358mg	Vitamin B ₆
NSP	0g	Calcium	-	Folates (B ₉) Total
Sugars	3.3g	Phosphorus	-	Vitamin B ₁₂
Glucose	-	Magnesium	-	Biotin (B ₇)
Galactose	-	Iron	-	Vitamin C
Fructose	-	Zinc	-	
Sucrose	-	Copper	-	
Maltose	-	Manganese	-	
Lactose	-	Selenium	-	
		Iodine	-	


OTHER		
GI (estimated)	0	
GL	-	
Caffeine	-	

RECIPE INGREDIENTS ... QUANTITY: DESCRIPTION: METHOD:

Bespoke Curley's Noodle Mix Sept' 25.. unchanged
 NOODLE U **220g**

PORTIONS / PACK SIZES ...

1 Serving



220g / 231kcal

INGREDIENT LIST (QUID) ...

Noodle (100%) [**Wheat** Flour With (Calcium, Iron, Niacin, Thiamine(B1), Colour(Paprika Extract, Carotenes), Citric Acid, Antioxidant(Ascorbic Acid), Water, Honey, Onion, Fermented Black Bean(11%) Black Beans, **Soya**, Salt), Rice Vinegar, Red Chilli, Garlic, Sunflower Oil, **Soy** Sauce(Water, **Soya** Beans, **Wheat**, Salt), Ginger, Lemon Juice Concentrate, Cornflour, Onion, Green Pepper, Red Pepper, Carrot (30%)]
ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

220g Noodle