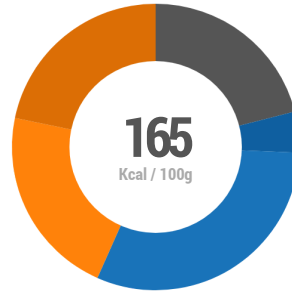


Beef Taco Bowl

By Sinead Bradbury

OVERVIEW ...

U / 17894311



CALORIES:
35.6% Carbs
21% Protein
43.4% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(Kj)	709 kJ	8%	1632 kJ	19%
Energy(kcal)	170 kcal	9%	390 kcal	20%
Fat	8 g	11%	18 g	26%
<i>of which saturates</i>	4 g	20%	9.2 g	46%
Carbohydrate	15 g	6%	34 g	13%
<i>of which sugars</i>	1.9 g	2%	4.4 g	5%
Fibre	2.2 g	9%	5 g	20%
Protein	8.7 g	17%	20 g	40%
Salt	0.65 g	11%	1.5 g	25%

CONTAINS:



Nutri-Score



HFSS Rating
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...


ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 8% RI	Saturated Fat 20% RI	4g Vitamin A (ret eq)
Energy(Kj) 8% 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	-
MACRONUTRIENTS		
Carbohydrate 6% RI		
Protein 17% RI		
Fat 11% RI		

Water	65g	Cholesterol	-	Riboflavin (B ₂)	-
Water from Drinks	0g			Niacin total (B ₃)	-
Alcohol	-			Niacin	-
		MINERALS & TRACE ELEMENTS		Tryptophan	-
CARBOHYDRATE		Sodium	11% RI	Pantothenic Acid (B ₅)	-
Starch	12.8g	Potassium	-	Vitamin B ₆	-
Oligosaccharide	-	Chloride	49% RI	Folates (B ₉) Total	0ug
Fibre	9% RI	Calcium	12% RI	Vitamin B ₁₂	-
NSP	2.2g	Phosphorus	-	Biotin (B ₇)	-
Sugars	2% RI	Magnesium	-	Vitamin C	-
Glucose	1.9g	Iron	-		
Galactose	-	Zinc	-	OTHER	
Fructose	-	Copper	-	GI (estimated)	0
Sucrose	-	Manganese	-	GL	-
Maltose	-	Selenium	-	Caffeine	-
Lactose	-	Iodine	-		

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Curley's Beef Taco Mix..	U 80g		N/A
Potato Cubes April '26.. POTATO	U 120g		unchanged
Grated Cheese April '26.. CATHEDRAL CITY	U 30g	1 x per 30g serving	unchanged

PORTIONS / PACK SIZES ...

1 Serving



230g / 390kcal

INGREDIENT LIST (QUID) ...

Potato (52.2%) [Potatoes, Seasoning (4%)[modified Potato Starch, Rice Flour, Garlic Powder, Onion Powder, Spice (Bell Pepper, Black Pepper), Dextrin, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Natural Flavouring (Paprika Extract), Thickener (Xanthum Gum)], Sunflower Oil], Curley's Beef Taco Mix (34.8%) [Irish Beef(29%), Kidney Bean, Chopped Tomato, Water, Onions, Carrot, Mixed Peppers, Salt, Sugar, Garlic Puree, Chilli, Smoked Paprika, Tomato Flakes, Basil, Parsley, Rosemary, Cumin, Oregano, Sea Salt, Dried Organic Vegetables, Carrot, Parsnip, Chive, Kale, Parsley, Lovage Root, Garlic, Lovage Leaves, Coriander, Fennel, Fenugreek Seeds, Caraway, Ginger, Paprika, Cinnamon, Chilli, Nutmeg, Pimento, Dill, Cornflour], Grated Cheese April '26 (13%) [Pasteurised Milk, Salt, Microbial Rennet, Starter Culture, Colour (E160b(ii))]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS	METHOD
80g Curley's Beef Taco Mix	No Cooking Instructions

30g Grated Cheese April '26 (1 x per
30g serving)

120g Potato