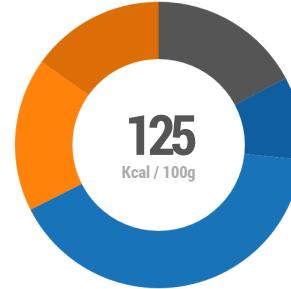


Summer Pizza Box April '26

By Sinead Bradbury

OVERVIEW ...

U / 17893591



CALORIES:

50.3% Carbs

17.3% Protein

32.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(Kj)	535 kJ	6%	1150 kJ	14%
Energy(kcal)	127 kcal	6%	274 kcal	14%
Fat	4.5 g	6%	9.7 g	14%
<i>of which saturates</i>	2.1 g	11%	4.5 g	23%
Carbohydrate	16 g	6%	34 g	13%
<i>of which sugars</i>	2.9 g	3%	6.3 g	7%
Fibre	1.2 g	5%	2.6 g	10%
Protein	5.4 g	11%	12 g	24%
Salt	0.88 g	15%	1.9 g	32%

CONTAINS:



WHEAT, BARLEY



MILK

MAY CONTAIN:



MUSTARD



SOYA



LUPIN

Nutri-Score



HFSS Rating
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) 6% RI
Energy(Kj) 6% RI

125kcal
525kJ

LIPID COMPONENTS

Saturated Fat **11% RI**
Monounsaturated fat 0% RI
cis-Mono
Polyunsaturated fat 0% RI
Omega3(n-3)
Omega6(n-6)
cis-Poly
Trans-fatty acids

2.1g
trace
-
0.014g
-
-
-
0g

VITAMINS

Vitamin A (ret eq) 1% RI
Retinol
Carotene
Vitamin D
Vitamin E 1% RI
Vitamin K₁ 0% RI
Thiamin (B₁) 0% RI

6.6ug
0ug
-
0ug
0.0814mg
0.3721ug
0.0037mg
0.0033mg

MACRONUTRIENTS

Carbohydrate 6% RI
Protein 11% RI
Fat **6% RI**

15.7g
5.4g
4.5g

INGREDIENT LIST (QUID) ...

Pizza Base (37.2%) [**Wheat** Flour, Mozzarella (24%), (**Milk**, Salt, Rennet, Lactic Ferments), Tomato Puree, Extra Virgin Olive Oil (1.9%), Salt, Yeast, Sugar, **Barley** Malt, Malted **Wheat** Flour, Herbs], Corn (32.6%), 100% Irish Chicken April '26 (14%) [100% Irish Chicken Breast, Water, Salt], Tomato Sauce (4.7%) [Diced Tomatoes, Water, Mixed Vegetables, Tomato, Rapeseed Oil, Garlic, Salt, Sugar, Cornflour], Green Peppers (4.7%), Red Peppers (4.7%), Grated Cheese April '26 (2.3%) [Pasteurised **Milk**, Salt, Microbial Rennet, Starter Culture, Colour (E160b(ii))]
May contain traces of **Mustard, Soya, Lupin**

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

30g	100% Irish Chicken April '26
70g	Corn
10g	Tomato sauce
5g	Grated Cheese April '26 (0.17 x per 30g serving)
10g	Red peppers (½ x Average Portion)
10g	Green peppers (½ x Average Portion)
80g	Pizza base

METHOD

No Cooking Instructions