Sweet Chilli Veggie Fajita

By Sinead Bradbury

OVERVIEW ...

U / 17894615

CALORIES:

73.1% Carbs

11% Protein

15.9% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 185G SERVING	%RI
Energy(Kj)	705 kJ	8%	1304 kJ	16%
Energy(kcal)	167 kcal	8%	309 kcal	15%
Fat	2.9 g	4%	5.3 g	8%
of which saturates	1 g	5%	1.9 g	10%
Carbohydrate	30 g	12%	55 g	21%
of which sugars	4.6 g	5%	8.5 g	9%
Fibre	2.7 g	11%	5 g	20%
Protein	4.4 g	9%	8.2 g	16%
Salt	0.72 g	12%	1.3 g	22%

CONTAINS:

WHEAT, BARLEY

Nutri-Score A B C D E

HFSS Rating (HFSS Pass) 3

NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) **8% RI**	162kcal
Energy(Kj) **8% RI**	683kJ

MACRONUTRIENTS

Carbohydrate **11% RI**	29.5g
Protein **9% RI**	4.4g
Fat **4% RI**	2.9g

LIPID COMPONENTS

Saturated Fat **5% RI**	1g
Monounsaturated fat	-
cis-Mono	-
Polyunsaturated fat	-
Omega3(n-3)	-
Omega6(n-6)	-
cis-Poly	-
Trans-fatty acids	-

VITAMINS

Vitamin A (ret eq)	-
Retinol	-
Carotene	-
Vitamin D	-
Vitamin E	-
Vitamin K_1	-
Thiamin (B_1)	-
	-

Water	38g
Water from Drinks	0g
Alcohol	-

CARBOHYDRATE

Starch	24.9g
Oligosaccharide	-
Fibre **11% RI**	2.7g
NSP	2.1g
Sugars **5% RI**	4.6g
Glucose	-
Galactose	-
Fructose	-
Sucrose	-
Maltose	-
Lactose	-

Cholesterol	-

MINERALS & TRACE ELEMENTS

Sodium **12% RI**	288mg
Potassium	-
Chloride **55% RI**	437mg
Calcium	-
Phosphorus	-
Magnesium	-
Iron	-
Zinc	-
Copper	-
Manganese	-
Selenium	-
Iodine	-

Riboflavin (B_2)	
Niacin total (B_3)	-
Niacin	-
Tryptophan	-
Pantothenic Acid (B_5)	-
Vitamin B $_6$	-
Folates (B_9) Total	0ug
Vitamin B $_{12}$	-
Biotin (B_7)	-
Vitamin C	-

OTHER

GI (estimated)	0
GL	-
Caffeine	-

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:
Wholemeal Wrap.. WHOLEMEAL WRAP	U	60g		*unchanged*
Mixed Veg Rice April '26.. RICE	U	40g		*unchanged*
Curleys Vegetable Mix..	U	40g		*N/A*
Sweet Chilli Sauce April '26.. SWEET CHILLI SAUCE	U	20g		*unchanged*
Chickpeas.. CHICKPEAS	U	25g		*unchanged*

PORTIONS / PACK SIZES ...

1 Serving

185g / 309kcal

INGREDIENT LIST (QUID) ...

Wholemeal Wrap (32.4%) [**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal **Wheat** Flour, Palm Oil, Humectant (Glycerine) Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethycellulose, Guar Gum), Emulsifier (Mono And Diglycerides Of Fatty Acid), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L Cysteine)], Rice (21.6%) [Rice 65%, Sweetcorn 15%, Peas 15%, Red Peppers 5%], Curleys Vegetable Mix (21.6%) [Carrot, Onion, Leek, Green Pepper, Red Onion, Yellow Pepper, Red Pepper], Chickpeas (13.5%) [Chickpeas, Water], Sweet Chilli Sauce (10.8%) [Water, Sugar, Spirt Vinegar, Garlic Puree (2.8%), Red Chilli Pureé (2.8%), Salt, Modified Starch, Red Bell Pepper, **Barley** Malt Vinegar, Stabiliser: Guar Gum: Spices, Spice Extracts, Colour: Paprika Extract; Acid: Citric Acid]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

25g	Chickpeas
40g	Curleys Vegetable Mix
40g	Rice
20g	Sweet chilli sauce
60g	wholemeal wrap

METHOD

No Cooking Instructions