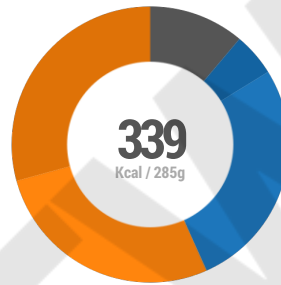


# Lentil Daal

By Annina Roseby

Overview ...

U / 8439025



Food Labelling...

EU Label values per 285g serving:

Serves 1

	PER 285G	%RI
Energy(Kj)	1429 kJ	17%
Energy(kcal)	343 kcal	17%
Fat	21 g	30%
of which saturates	11 g	55%
Carbohydrate	27 g	10%
of which sugars	4.3 g	5%
Fibre	2.7 g	11%
Protein	9.4 g	19%
Salt	1 g	17%

CONTAINS:



MILK

FISH

Nutrient Breakdown per 285g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 17% RI	339kcal	Saturated Fat <b>55% RI</b>	Vitamin A (ret eq) 32% RI
Energy(Kj) 17% RI	1417kJ	Monounsaturated fat 21% RI	Retinol
		cis-Mono	Carotene
		Polyunsaturated fat 14% RI	Vitamin D 54% RI
		Omega3(n-3) 8186 RI	Vitamin E 22% RI
		Omega6(n-6) 9216% RI	Vitamin K <sub>1</sub> 18% RI
		cis-Poly	Thiamin (B <sub>1</sub> ) 19% RI
		Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 21% RI
		Cholesterol	Niacin total (B <sub>3</sub> ) 4% RI
			Niacin 13% RI
			Tryptophan
			Pantothenic Acid (B <sub>5</sub> ) 15% RI
			Vitamin B <sub>6</sub> 20% RI
			Folates (B <sub>9</sub> ) Total 19% RI
			Vitamin B <sub>12</sub> 22% RI
			Biotin (B <sub>7</sub> ) 8% RI
			Vitamin C 13% RI
			<b>Other</b>
			GI (estimated)
			GL

	Macronutrients	Minerals & trace elements
Carbohydrate 10% RI	26.7g	Sodium 17% RI
Protein 19% RI	9.5g	Potassium 18% RI
Fat <b>31% RI</b>	21.4g	Chloride 83% RI
Water	233g	Calcium 27% RI
Water from Drinks	0g	Phosphorus 24% RI
Alcohol (0% ABV)	0g	Magnesium 11% RI
		Iron 22% RI
		Zinc 14% RI
		Copper 22% RI
		Manganese 15% RI
		Selenium 15% RI
		Iodine 27% RI

	Carbohydrate
Starch	22.3g
Oligosaccharide	0.183g
Fibre 11% RI	2.7g
NSP	1.8g
Sugars <b>5% RI</b>	4.3g
Glucose	0.4965g
Galactose	0.0002g
Fructose	0.4882g
Sucrose	0.2448g
Maltose	0g
Lactose	0.9214g

Recipe Ingredients ...	Quantity:	Description:
Compleat® Paediatric	<b>150ml</b>	<b>0.3x Per bottle</b>
Lentil Daal	<b>100g</b>	<b>0.67 Serving</b>
Butter, salted	<b>14.8g</b>	<b>1 tablespoon</b>
Yogurt, Greek, plain, whole	<b>20g</b>	<b>1.82 teaspoon</b>

Portions / Pack Sizes ...

