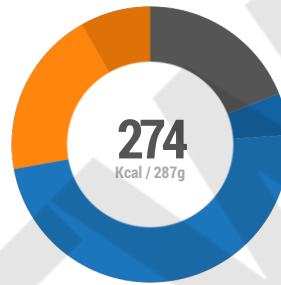


Lentil Daal

By Annina Roseby

Overview ...

U / 8401798



CALORIES:

53.2% Carbs

19% Protein

27.8% Fat

Food Labelling...

EU Label values per 287g

Serves **7**

	PER 287G	%RI	PER 287G SERVING	%RI
Energy(Kj)	1182 kJ	14%	1182 kJ	14%
Energy(kcal)	281 kcal	14%	281 kcal	14%
Fat	8.5 g	12%	8.5 g	12%
of which saturates	2.5 g	13%	2.5 g	13%
Carbohydrate	36 g	14%	36 g	14%
of which sugars	3.4 g	4%	3.4 g	4%
Fibre	4.5 g	18%	4.5 g	18%
Protein	13 g	26%	13 g	26%
Salt	0.96 g	16%	0.96 g	16%

CONTAINS:



MILK



FISH

Nutrient Breakdown per 287g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 14% RI	274kcal	Saturated Fat 13% RI	Vitamin A (ret eq) 11% RI
Energy(Kj) 14% RI	1156kJ	Monounsaturated fat 10% RI	Retinol
		cis-Mono	Carotene
		Polyunsaturated fat 12% RI	Vitamin D 51% RI
		Omega3(n-3) 8182% RI	Vitamin E 18% RI
		Omega6(n-6) 9214% RI	Vitamin K ₁ 15% RI
		cis-Poly	Thiamin (B ₁) 25% RI
		Trans-fatty acids	Riboflavin (B ₂) 21% RI
		Cholesterol	Niacin total (B ₃) 10% RI
			Niacin 16% RI
			Tryptophan
			Pantothenic Acid (B ₅) 13% RI
			Vitamin B ₆ 35% RI
			Folates (B ₉) Total 30% RI
			Vitamin B ₁₂ 14% RI
			Biotin (B ₇) 7% RI
			Vitamin C 10% RI
			Other
			GI (estimated)
			GL

Recipe Ingredients ...	Quantity:	Description:
Lentils, green and brown, whole, dried, raw	200g	1 cup
Onions, raw	30g	2 slice or in sandwich/wrap
Ginger, fresh	3g	0.6x Average Portion
Garlic, raw	9g	3x Average Portion
Morrisons Italian Chopped Tomatoes 400g	200g	1x per 1/2 can (200g)
Turmeric, ground	2.2g	1 teaspoon
Garam masala	6g	1 tablespoon
Cumin seeds, whole or ground	4g	2 teaspoon
Salt	5g	1 level teaspoon
Water, tap, drinking	500g	1 average bottle
Compleat® Paediatric	1.05l	2.1x Per bottle

Portions / Pack Sizes ...

