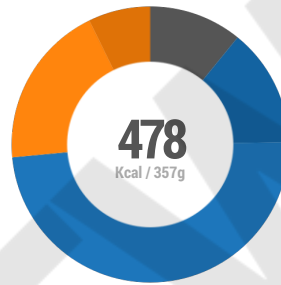


Overnight Oats

By Annina Roseby

Overview ...

U / 8401867



CALORIES:

62.6% Carbs

10.9% Protein

26.5% Fat

Food Labelling...

EU Label values per 357g serving:

Serves 1

	PER 357G	%RI
Energy(Kj)	2084 kJ	25%
Energy(kcal)	495 kcal	25%
Fat	14 g	20%
<i>of which saturates</i>	3.8 g	19%
Carbohydrate	76 g	29%
<i>of which sugars</i>	17 g	19%
Fibre	7.3 g	29%
Protein	13 g	26%
Salt	0.3 g	5%

CONTAINS:



Nutrient Breakdown per 357g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 24% RI	478kcal	Saturated Fat 19% RI	Vitamin A (ret eq) 15% RI
Energy(Kj) 24% RI	2014kJ	Monounsaturated fat 18% RI	Retinol
		<i>cis-Mono</i>	Carotene
		Polyunsaturated fat 24% RI	Vitamin D 68% RI
		<i>Omega3(n-3)</i> 10911% RI	Vitamin E 26% RI
		<i>Omega6(n-6)</i> 12296% RI	Vitamin K ₁ 19% RI
		<i>cis-Poly</i>	Thiamin (B ₁) 67% RI
		Trans-fatty acids	Riboflavin (B ₂) 23% RI
		Cholesterol	Niacin total (B ₃) 12% RI
			Niacin 19% RI
			Tryptophan
			Pantothenic Acid (B ₅) 24% RI
			Vitamin B ₆ 34% RI
			Folates (B ₉) Total 28% RI
			Vitamin B ₁₂ 19% RI
			Biotin (B ₇) 29% RI
			Vitamin C 17% RI
			Other
			GI (estimated)
			GL

Recipe Ingredients ...	Quantity:	Description:
Oat flakes, rolled	50g	5 tablespoon
Pears, canned in juice, whole contents	100g	0.83x average portion
Honey	7g	1 teaspoon
Compleat® Paediatric	200ml	0.4x Per bottle

Portions / Pack Sizes ...

