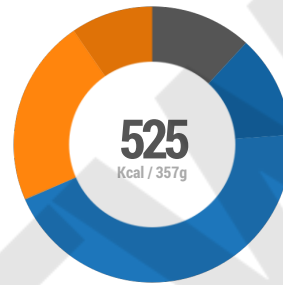
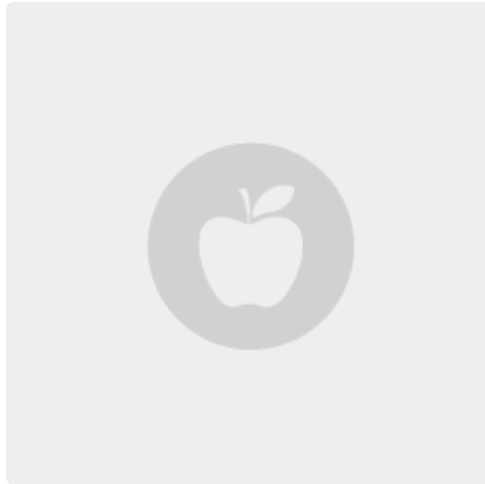


# Overnight oats (with peanut butter)

By Annina Roseby

Overview ...

U / 8401915



CALORIES:

**56.7% Carbs**

**11.8% Protein**

**31.5% Fat**

Food Labelling...

EU Label values per 357g serving:

Serves 1

	PER 357G	%RI
Energy(Kj)	<b>2278</b> kJ	27%
Energy(kcal)	<b>542</b> kcal	27%
Fat	<b>18</b> g	<b>26%</b>
<i>of which saturates</i>	<b>5.6</b> g	<b>28%</b>
Carbohydrate	<b>75</b> g	29%
<i>of which sugars</i>	<b>16</b> g	<b>18%</b>
Fibre	<b>7.4</b> g	30%
Protein	<b>16</b> g	32%
Salt	<b>0.33</b> g	<b>6%</b>

CONTAINS:



OATS



PEANUTS



MILK



FISH

MAY CONTAIN:



TREE NUTS



SESAME

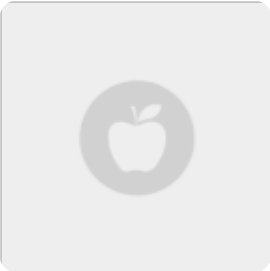
Nutrient Breakdown per 357g...

	Energy	Lipid Components	Vitamins	
Energy(kcal) 26% RI	525kcal	Saturated Fat <b>28% RI</b>	Vitamin A (ret eq) 18% RI	
Energy(Kj) 26% RI	2212kJ	Monounsaturated fat 20% RI	Retinol	
		<i>cis-Mono</i>	Carotene	
Macronutrients		Polyunsaturated fat 24% RI	Vitamin D 68% RI	
Carbohydrate 28% RI	74g	<i>Omega3(n-3)</i> 10912% RI	Vitamin E 26% RI	
Protein 31% RI	15.5g	<i>Omega6(n-6)</i> 12297% RI	Vitamin K <sub>1</sub> 19% RI	
Fat <b>26% RI</b>	18.4g	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 69% RI	
Water	253g	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 24% RI	
Water from Drinks	0g	Cholesterol	Niacin total (B <sub>3</sub> ) 13% RI	
Alcohol (0% ABV)	0g	Minerals & trace elements		
		Sodium <b>6% RI</b>	Niacin 19% RI	
Carbohydrate		Potassium 30% RI	Tryptophan	
Starch	58g	Chloride 43% RI	Pantothenic Acid (B <sub>5</sub> ) 25% RI	
Oligosaccharide	0.4213g	Calcium 36% RI	Vitamin B <sub>6</sub> 34% RI	
Fibre 30% RI	7.4g	Phosphorus 54% RI	Folates (B <sub>9</sub> ) Total 29% RI	
NSP	6.5g	Magnesium 27% RI	Vitamin B <sub>12</sub> 21% RI	
Sugars <b>18% RI</b>	15.9g	Iron 35% RI	Biotin (B <sub>7</sub> ) 29% RI	
Glucose	3.7g	Zinc 27% RI	Vitamin C 16% RI	
Galactose	0.18g	Copper 35% RI	Other	
Fructose	6.7g	Manganese 110% RI	GI (estimated)	33.9
Sucrose	0.6196g	Selenium 19% RI	GL	25
Maltose	0.0007g	Iodine 21% RI		
Lactose	0.766g			

Recipe Ingredients ...	Quantity:	Description:
Compleat® Paediatric	200ml	0.4x Per bottle
Honey, raw	7g	1 teaspoon
Oat flakes, rolled	50g	5 tablespoon
Pears, canned in juice, whole contents	75g	0.63x average portion
Meridian Smooth Peanut Butter 1kg	5g	0.01x Per pack
Yogurt, Greek style, plain	20g	1.82 teaspoon

Portions / Pack Sizes ...

**1 Serving**



**357g / 542kcal**