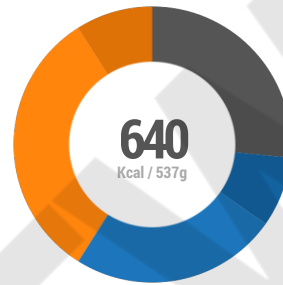
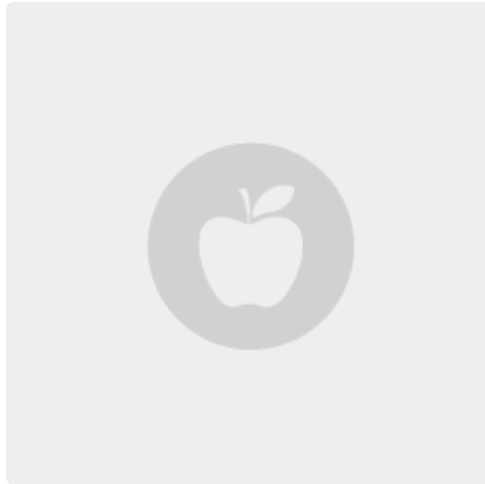


Salmon and beetroot salad

By Annina Roseby

Overview ...

U / 9041980



CALORIES:

32.4% Carbs

26.5% Protein

41% Fat

Food Labelling...

EU Label values per 537g serving:

Serves 1

	PER 537G	%RI
Energy(Kj)	2732 kJ	33%
Energy(kcal)	652 kcal	33%
Fat	29 g	41%
of which saturates	6.4 g	32%
Carbohydrate	51 g	20%
of which sugars	13 g	14%
Fibre	7.5 g	30%
Protein	43 g	86%
Salt	2.2 g	37%

CONTAINS:



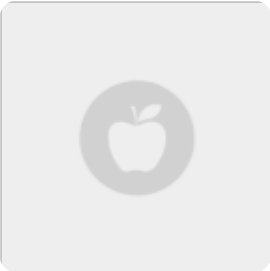
Nutrient Breakdown per 537g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 32% RI	640kcal	Saturated Fat 32% RI	Vitamin A (ret eq) 20% RI
Energy(Kj) 32% RI	2686kJ	Monounsaturated fat 53% RI	Retinol
		cis-Mono	Carotene
		Polyunsaturated fat 33% RI	Vitamin D 394% RI
		Omega3(n-3) 77% RI	Vitamin E 42% RI
		Omega6(n-6) 8% RI	Vitamin K ₁ 63% RI
		cis-Poly	Thiamin (B ₁) 30% RI
		Trans-fatty acids	Riboflavin (B ₂) 38% RI
		Cholesterol	Niacin total (B ₃) 102% RI
			Niacin 71% RI
			Tryptophan
			Pantothenic Acid (B ₅) 34% RI
			Vitamin B ₆ 44% RI
			Folates (B ₉) Total 51% RI
			Vitamin B ₁₂ 245% RI
			Biotin (B ₇) 29% RI
			Vitamin C 24% RI
			Other
			GI (estimated)
			GL

Recipe Ingredients ...	Quantity:	Description:
Salmon, pink, canned in brine, drained	120g	2.5x Average Portion
Cannellini beans, canned	100g	0.58 cup
Morrisons Market St Cooked Beetroot 300g	100g	0.33x Per pack
Oil, olive	12.6g	1 tablespoon
Parsley, fresh	4g	1x Average Portion
Compleat Paediatric	200ml	0.4x Per bottle

Portions / Pack Sizes ...

1 Serving



537g / 652kcal