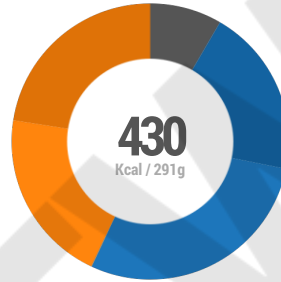


Weetabix (double cream)

By Annina Roseby

Overview ...

U / 8401915



CALORIES:

48.6% Carbs

8.4% Protein

43% Fat

Food Labelling...

EU Label values per 291g serving:

Serves **1**

	PER 291G	%RI
Energy(Kj)	1836 kJ	22%
Energy(kcal)	439 kcal	22%
Fat	21 g	30%
<i>of which saturates</i>	11 g	55%
Carbohydrate	52 g	20%
<i>of which sugars</i>	21 g	23%
Fibre	4.6 g	18%
Protein	9.1 g	18%
Salt	0.35 g	6%

CONTAINS:



Nutrient Breakdown per 291g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 21% RI	430kcal	Saturated Fat 54% RI	Vitamin A (ret eq) 22% RI
Energy(Kj) 21% RI	1801kJ	Monounsaturated fat 13% RI	Retinol
		cis-Mono	Carotene
		Polyunsaturated fat 11% RI	Vitamin D 44% RI
		Omega3(n-3) 6823% RI	Vitamin E 20% RI
		Omega6(n-6) 7681% RI	Vitamin K ₁ 12% RI
		cis-Poly	Thiamin (B ₁) 44% RI
		Trans-fatty acids	Riboflavin (B ₂) 37% RI
		Cholesterol	Niacin total (B ₃) 27% RI
			Niacin 31% RI
			Tryptophan
			Pantothenic Acid (B ₅) 20% RI
			Vitamin B ₆ 38% RI
			Folates (B ₉) Total 36% RI
			Vitamin B ₁₂ 17% RI
			Biotin (B ₇) 15% RI
			Vitamin C 20% RI
			Other
			GI (estimated)
			GL

Recipe Ingredients ...	Quantity:	Description:
Bananas, flesh only	100g	1x Medium
Breakfast cereal, wheat biscuits, Weetabix type, fortified	20g	1 bisk
Cream, fresh, single	30g	1x Average Portion
Compleat® Paediatric	125ml	0.25x Per bottle
Morrisons Double Cream 600ml	16ml	0.53x per 30ml serving (2 tables)

Portions / Pack Sizes ...

