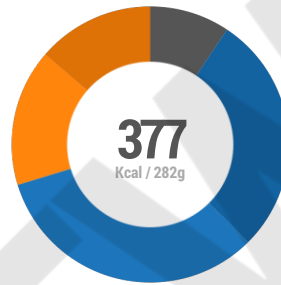


Weetabix (honey)

By Annina Roseby

Overview ...

U / 8401915



CALORIES:

60.9% Carbs

9.4% Protein

29.7% Fat

Food Labelling...

EU Label values per 282g serving:

Serves 1

	PER 282G	%RI
Energy(Kj)	1625 kJ	19%
Energy(kcal)	386 kcal	19%
Fat	12 g	17%
<i>of which saturates</i>	5.7 g	29%
Carbohydrate	57 g	22%
<i>of which sugars</i>	27 g	30%
Fibre	4.6 g	18%
Protein	8.9 g	18%
Salt	0.34 g	6%

CONTAINS:



WHEAT



MILK



FISH

Nutrient Breakdown per 282g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 19% RI	377kcal	Saturated Fat 29% RI	Vitamin A (ret eq) 22% RI
Energy(Kj) 19% RI	1590kJ	Monounsaturated fat 13% RI	Retinol
		<i>cis-Mono</i>	Carotene
		Polyunsaturated fat 11% RI	Vitamin D 44% RI
		<i>Omega3(n-3)</i> 6823% RI	Vitamin E 20% RI
		<i>Omega6(n-6)</i> 7681% RI	Vitamin K ₁ 12% RI
		<i>cis-Poly</i>	Thiamin (B ₁) 44% RI
		Trans-fatty acids	Riboflavin (B ₂) 37% RI
		Cholesterol	Niacin total (B ₃) 27% RI
			Niacin 32% 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
Honey, raw	7g	1 teaspoon

Portions / Pack Sizes ...

