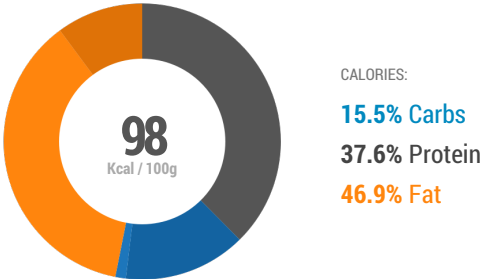


Beef stir fry, homemade

By Patricia Daly from Nutrition Choices



Food Labelling...

EU Label values per 100g

	PER 100G	%RI
Energy(Kj)	415 kJ	5%
Energy(kcal)	99 kcal	5%
Fat	5.1 g	7%
of which saturates	1.1 g	6%
Carbohydrate	3.8 g	1%
of which sugars	3.5 g	4%
Fibre	0.7 g	3%
Protein	9.2 g	18%
Salt	0.1 g	2%
HFSS Rating	-	

CONTAINS:


GLUTEN

MAY CONTAIN:


WHEAT


SESAME


SOYA

Portions / Pack Sizes ...

Small portion



120g / 119kcal

Medium portion



180g / 179kcal

Large portion



310g / 308kcal

Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(kcal) 5% RI	98kcal	Saturated Fat 6% RI	1.1g	Vitamin A (ret eq) 78% RI	627ug
Energy(Kj) 5% RI	410kJ	Monounsaturated fat 4% RI	1.3g	Retinol	0ug
Macronutrients		cis-Mono	-	Carotene	3764ug
Carbohydrate 1% RI	3.8g	Polyunsaturated fat 14% RI	2.3g	Vitamin D 3% RI	0.16ug
Protein 18% RI	9.2g	Omega3(n-3)	0g	Vitamin E 18% RI	2.1mg
Fat 7% RI	5.1g	Omega6(n-6)	0g	Vitamin K ₁	-
Water	79g	cis-Poly	-	Thiamin (B ₁) 10% RI	0.11mg
Water from Drinks	-	Trans-fatty acids	-	Riboflavin (B ₂) 8% RI	0.11mg
Alcohol (0% ABV)	0g	Cholesterol	16mg	Niacin total (B ₃) 26% RI	4.1mg
Carbohydrate		Minerals & trace elements		Niacin 14% RI	2.2mg
Starch	0.2727g	Sodium 2% RI	38mg	Tryptophan	115mg
Oligosaccharide	-	Potassium 17% RI	340mg	Pantothenic Acid (B ₅) 8% RI	0.49mg
Fibre 3% RI	0.7g	Chloride 7% RI	57mg	Vitamin B ₆ 24% RI	0.34mg
NSP	1.7g	Calcium 3% RI	25mg	Folates (B ₉) Total 19% RI	38ug
Sugars 4% RI	3.5g	Phosphorus 14% RI	98mg	Vitamin B ₁₂ 26% RI	0.64ug
Glucose	-	Magnesium 5% RI	17mg	Biotin (B ₇) 2% RI	0.8ug
Galactose	-	Iron 8% RI	1.1mg	Vitamin C 52% RI	41mg
Fructose	-	Zinc 15% RI	1.5mg	Other	
Sucrose	-	Copper 2% RI	0.02mg	GI (estimated)	-
Maltose	-	Manganese 7% RI	0.14mg	GL	-
Lactose	-	Selenium 6% RI	3.1ug	Caffeine	-
		Iodine 3% RI	4.4ug		