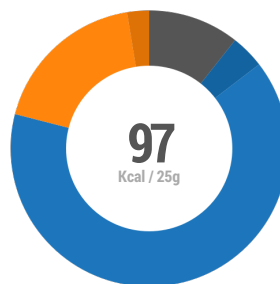


By Jessica Bravo from Foodhak

Overview ...

U / 8741094



CALORIES:

68.4% Carbs

10.6% Protein

21% Fat

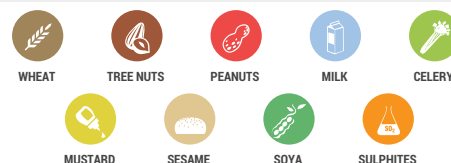
Food Labelling...

EU Label values per 25g

Serves

	PER 25G	%RI
Energy(Kj)	412 kJ	5%
Energy(kcal)	98 kcal	5%
Fat	2.3 g	3%
<i>of which saturates</i>	0.3 g	2%
Carbohydrate	17 g	7%
<i>of which sugars</i>	1 g	1%
Fibre	0 g	0%
Protein	2.6 g	5%
Salt	1.3 g	22%
HFSS Rating	13	points

MAY CONTAIN:



Nutrient Breakdown per 25g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 5% RI	97kcal	Saturated Fat 1% RI	0.2766g	Vitamin A (ret eq) 1% RI	5.4ug
Energy(Kj) 5% RI	411kJ	Monounsaturated fat 0% RI	trace	Retinol	0ug
		cis-Mono	-	Carotene	32.6ug
	Macronutrients	Polyunsaturated fat 0% RI	trace	Vitamin D	0ug
Carbohydrate 6% RI	16.7g	Omega3(n-3)	-	Vitamin E 0% RI	trace
Protein 5% RI	2.6g	Omega6(n-6)	-	Vitamin K ₁	0ug
Fat 3% RI	2.3g	cis-Poly	-	Thiamin (B ₁) 0% RI	trace
Water	2.6g	Trans-fatty acids	0g	Riboflavin (B ₂) 0% RI	trace
Water from Drinks	0g	Cholesterol	0mg		
Alcohol (0% ABV)	0g		Minerals & trace elements	Niacin total (B ₃) 0% RI	trace
	Carbohydrate	Sodium 22% RI	534mg	Niacin 0% RI	trace
Starch	15.5g	Potassium 1% RI	12.7mg	Tryptophan	trace
Oligosaccharide	-	Chloride 102% RI	815mg	Pantothenic Acid (B ₅) 0% RI	trace
Fibre 1% RI	0.1348g	Calcium 1% RI	9.4mg	Vitamin B ₆ 0% RI	trace
NSP	0.1037g	Phosphorus 0% RI	3.3mg	Folates (B ₉) Total 0% RI	trace
Sugars 1% RI	0.9585g	Magnesium 0% RI	1mg	Vitamin B ₁₂	0ug
Glucose	trace	Iron 0% RI	0.0041mg	Biotin (B ₇) 0% RI	trace
Galactose	0g	Zinc 0% RI	0.0014mg	Vitamin C 0% RI	trace
Fructose	trace	Copper 0% RI	0.0011mg		
		Manganese 3% RI	0.0622mg		

Sucrose
Maltose
Lactose

trace
0g
0g

Selenium 0% RI
Iodine 0% RI

trace
0.595ug

	Other
GI (estimated)	0.6316
GL	0.1065
Caffeine	-

Recipe Ingredients ...	Quantity:	Description:	Cost:
F Phool Makhana	76g		0.00
FHR069 STD MINTY MORINGA SEASONING	16g	0.16x Recipe Total	£0.01
Sainsbury's Extra Virgin Olive Oil 1L	8ml	0.53x per 15ml serving	0.00
			TOTAL COST: £0.01

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **Unit Weight / Calories**

 **# 1**

 **Cost / RRP**

 **Sale pr (£ 0 + 200%)**

Ingredient List (QUID) ...

F Phool Makhana (76%), FHR069 STD MINTY MORINGA SEASONING (16%) [Salt (33.8%), FH Natco Jaggery Powder (25.4%), Natco Rice Flour 1.5kg (16.9%), Dried Mint (16.9%), FH Moringa Naturale Bio Pophak (8.5%), Fudco Black Pepper Powder 100g (1.7%)], Sainsbury's Extra Virgin Olive Oil 1L (8%) [Extra Virgin Olive Oil]