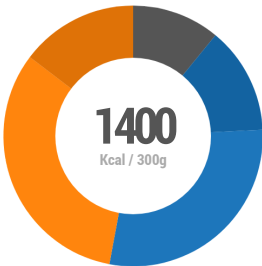


FH Pumpkin Spiced Granola

By Nisha Chaudhary from Foodhak

OVERVIEW ...

U / 9080377



CALORIES:
42% Carbs
10.9% Protein
47.1% Fat

FOOD LABELLING...

EU Label values per 300g

	PER 300G	%RI
Energy(Kj)	6087 kJ	72%
Energy(kcal)	1457 kcal	73%
Fat	73 g	104%
of which saturates	23 g	115%
Carbohydrate	147 g	57%
of which sugars	47 g	52%
Fibre	24 g	96%
Protein	41 g	82%
Salt	0.79 g	13%

Serves

CONTAINS:



OATS

MAY CONTAIN:



SULPHITES

Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 300G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 70% RI Energy(Kj) 70% RI	Saturated Fat 114% RI Monounsaturated fat 23% RI cis-Mono Polyunsaturated fat 60% RI Omega3(n-3) 3% RI Omega6(n-6) 79% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 2% RI Retinol Carotene Vitamin D Vitamin E 2% RI Vitamin K 1 3% RI Thiamin (B1) 13% RI Riboflavin (B2) 12% RI Niacin total (B3) 29% RI Niacin 6% RI Tryptophan Pantothenic Acid (B5) 1% RI Vitamin B 6 9% RI Folates (B9) Total 12% RI Vitamin B 12 Biotin (B7) 0% RI Vitamin C 3% RI
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 57% RI Protein 77% RI Fat 105% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 13% RI Potassium 30% RI Chloride 64% RI Calcium 7% RI Phosphorus 64% RI Magnesium 40% RI Iron 51% RI Zinc 37% RI Copper 85% RI Manganese 84% RI	18.6ug 0ug 112ug 0ug 0.2541mg 2.2ug 0.146mg 0.1618mg 4.6mg 1mg 215mg 0.0452mg 0.1209mg 24.2ug 0ug 0.0008ug 2.5mg

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
GF Porridge Oats Nairn's Suma..	39.3g		0.00
Pumpkin seeds..	15.7g	4 x teaspoon	£0.11
Sunflower Seeds- Organic Suma..	15.7g		0.00
Maple syrup Vermont Pure Canadian..	7.8g		0.00
Dried Sweetened Cranberries Suma..	7.8g		0.00
Oil, coconut..	5.5g	1 ½ x teaspoon liquid	0.00
Coconut palm sugar..	3.1g	0.63 x 1 teaspoon	£0.02
Pumpkin Powder (herbal magic-amazon)..	2.4g		0.00
Cinnamon, ground..	0.78g	0.34 x 1 teaspoon	£0.01
Ginger, ground..	0.78g	0.41 x 1 teaspoon	0.00
Turmeric, ground..	0.39g	0.18 x 1 teaspoon	£0.00
Cloves, dried..	0.24g	0 x mug	0.00
Nutmeg, ground..	0.24g	0.11 x 1 teaspoon	0.00
Sea Salt..	0.24g	0.05 x 1 level teaspoon	0.00

TOTAL COST: £0.13

PRODUCTS / PACK SIZES ...

1 Serving

1
\$
\$

INGREDIENT LIST (QUID) ...

GF Porridge **Oats** Nairn's Suma (41.8%) [100% Wholegrain Gluten Free **Oats**], Pumpkin Seeds (16.7%), Sunflower Seeds Organic Suma (16.7%), Maple Syrup (8.4%), Dried Sweetened Cranberries Suma (8.4%) [Dried Cranberries (60%), Sugar, Sunflower Oil], Coconut Oil (5.8%), Coconut Palm Sugar (3.3%), Pumpkin Powder (herbal Magic Amazon) (2.5%), Ground Cinnamon (0.83%), Ground Ginger (0.83%), Turmeric (0.41%), Dried Cloves (0.26%), Ground Nutmeg (0.26%), Salt (0.26%)
ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sulphites

COOKING INSTRUCTIONS & NOTES

