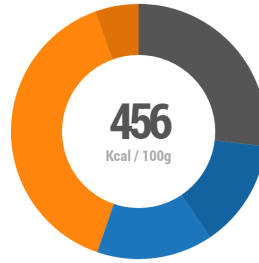


By Nisha Chaudhary from Foodhacks

OVERVIEW ...

U / 11808740



44.7% Fat

FOOD LABELLING...

Serves

MAY CONTAIN:



SULPHITES

HFSS Rating

4

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 23% RI	456kcal	Saturated Fat 14% RI	2.8g	Vitamin A (ret eq) 1% RI	4.8ug
Energy(KJ) 22% RI	1856kJ	Monounsaturated fat 6% RI	1.8g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
		Polyunsaturated fat 48% RI	7.7g	Vitamin D	0ug
		Omega3(n-3) 266% RI	5.9g	Vitamin E 1% RI	0.0921mg
		Omega6(n-6) 27% RI	3.8g	Vitamin K 1	0ug
		cis-Poly	-	Thiamin (B1) 16% RI	0.181mg
		Trans-fatty acids	0g	Riboflavin (B2) 4% RI	0.0583mg
		Cholesterol	0mg	Niacin total (B3) 14% RI	2.2mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 4% RI	0.586mg
		Sodium 6% RI	145mg	Tryptophan	54mg
		Potassium 20% RI	400mg	Pantothenic Acid (B5) 0% RI	0.0226mg
		Chloride 35% RI	278mg	Vitamin B 6 1% RI	0.0081mg
		Calcium 17% RI	138mg	Folates (B9) Total 13% RI	25.8ug
		Phosphorus 46% RI	322mg	Vitamin B 12	0ug
		Magnesium 38% RI	144mg	Biotin (B7) 0% RI	0.0003ug
	Iron 25% RI	3.5mg	Vitamin C 5% RI	3.9mg	
	Zinc 20% RI	2mg			
	Copper 44% RI	0.4381mg			

Fructose	1.4g	Manganese 28% RI	0.553mg	OTHER	
Sucrose	12.3g	Selenium 20% RI	10.9ug	GI (estimated)	24.8
Maltose	0g	Iodine 0% RI	0.2937ug	GL	7
Lactose	0g			Caffeine	-

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:	COST:
Water, tap, drinking.. WATER	N	30.3g	0.05 x 1 pint	N/A	£0.00
FH Organic Pea Protein (Sevenhills).. 	U	13.7g		N/A	0.00
Chia seeds.. CHIA SEEDS	N	10.8g	3 ¼ x teaspoon	 Baked or roast...	£0.08
Beetroot, cooked in unsalted water.. 	GB23	8.7g	¼ x 1/2 small beetroot	 Baked or roast...	0.00
Coconut palm sugar.. COCONUT PALM SUGAR	N	8.7g	½ x tablespoon	N/A	£0.05
Pumpkin seeds.. PUMPKIN SEEDS	GB23	7.2g	1 x Average Portion & 0.81 x 1 te:	 Baked or roast...	0.00
Flax Seed (milled or whole).. FLAXSEED	N	7.2g	1 x teaspoon (whole) & ¼ x tables	 Baked or roast...	£0.05
Sunflower Seeds- Organic Suma.. 	U	5.8g		 Baked or roast...	0.00
Natco Rice Flour 1.5kg.. NATCO	BRANDB	3.6g	0 x Per pack	 Baked or roast...	0.00
FH Natco Ragi Flour.. 	U	3.6g		 Baked or roast...	0.00
Preema vanilla essence.. 	U	0.36g		N/A	0.00

TOTAL COST: £0.18

PRODUCTS / PACK SIZES ...

1 Serving





1

\$ \$

INGREDIENT LIST (QUID) ...

Water (51.4%), FH Organic Pea Protein (Sevenhills) (23.3%) [Organic Pea Protein], Chia Seeds (18.4%), Beetroot, Cooked In Unsalted Water (14.7%), Coconut Palm Sugar (14.7%), Pumpkin Seeds (12.2%), Flaxseed (12.2%), Sunflower Seeds Organic Suma (9.8%), Natco Rice Flour 1.5kg (6.1%), FH Natco Ragi Flour (6.1%) [Finger Millet Flour], Preema Vanilla Essence (0.61%) [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Tree nuts, Sulphites

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 8.7g** Beetroot, cooked in unsalted water (¼ x 1/2 small beetroot)
- 10.8g** Chia seeds (3 ¼ x teaspoon)
- 8.7g** Coconut palm sugar (⅔ x tablespoon)
- 3.6g** FH Natco Ragi Flour ()
- 13.7g** FH Organic Pea Protein (Sevenhills) ()
- 7.2g** Flaxseed (1 x teaspoon (whole) & ¼ x tablespoon (whole))
- 3.6g** Natco Rice Flour 1.5kg (0 x Per pack)
- 0.36g** Preema vanilla essence ()
- 7.2g** Pumpkin seeds (1 x Average Portion & 0.81 x 1 teaspoon)
- 5.8g** Sunflower Seeds- Organic Suma ()
- 30.3g** Water (0.05 x 1 pint)

METHOD

No Cooking Instructions