

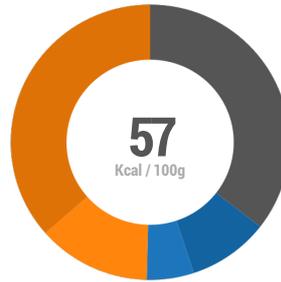
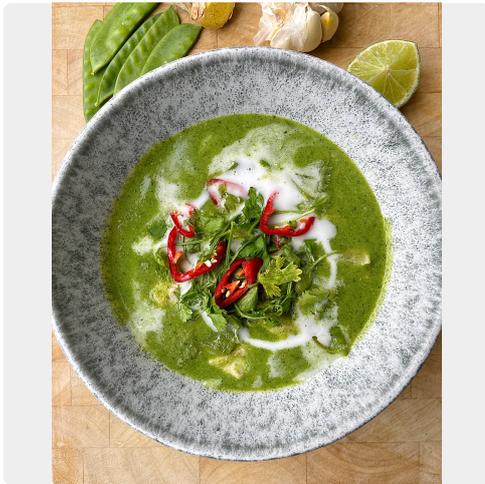
Thai Style Green Curry

Smarter Naturally

By Joanna Injore from JI Nutrition

Overview ...

U / 9089680



CALORIES:

14.9% Carbs

35.5% Protein

49.6% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 559G SERVING	%RI
Energy(Kj)	246 kJ	3%	1375 kJ	16%
Energy(kcal)	59 kcal	3%	329 kcal	16%
Fat	3.2 g	5%	18 g	26%
of which saturates	2.3 g	12%	13 g	65%
Carbohydrate	2.2 g	1%	12 g	5%
of which sugars	1.3 g	1%	7.5 g	8%
Fibre	0.6 g	2%	3.1 g	12%
Protein	5.1 g	10%	29 g	58%
Salt	0.79 g	13%	4.4 g	73%
HFSS Rating	2 points			

CONTAINS:



FISH

MAY CONTAIN:



WHEAT



EGGS



CELERY



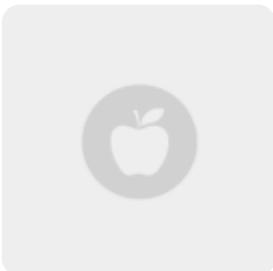
MUSTARD



SOYA

Portions / Pack Sizes ...

1 Serving



559g / 329kcal

Ingredient List (QUID) ...

Water (44.7%), Low Fat Canned Coconut Milk (35.8%), Chicken (16.1%), Mange Tout (14.3%), Thai Style Curry Paste Sub Recipe (10.6%) [Onions (50.5%), Coriander (16.8%), Garlic (10.1%), Green Chilli Peppers (10.1%), Ginger (8.4%), Lemongrass (4%)], FISH Sauce (1.6%), Chicken Stock Cubes (0.89%), Lime Juice (0.89%), Salt (0.09%), Olive Oil (0.08%)

Recipe Ingredients ...	Quantity:	Description:
Thai style curry paste -sub-recipe	59g	1x Recipe Total
Stock cubes, chicken	5g	1/2 stock cube
Boiled water	250g	0.5x Standard bottle
Oil, olive	0.45g	(auto-calculated)
Chicken, light meat, raw	90g	2.81 slice (breast) average
Coconut milk, canned, reduced fat, retail	200g	1/2 average can
Peas, mange-tout, raw	80g	1x NHS serving = 1 handful (20 peas)
Fish sauce	9g	1.5x Average Portion
Salt	0.5g	1 average pinch of salt
Lime juice, fresh	5g	1x Average Portion

Nutrient Breakdown per 100g...

	Energy		Lipid Components		Vitamins
Energy(kcal) 3% RI	57kcal	Saturated Fat 12% RI	2.3g	Vitamin A (ret eq) 4% RI	29ug
Energy(Kj) 3% RI	239kJ	Monounsaturated fat 0% RI	0.1133g	Retinol	0.0646ug
		cis-Mono	-	Carotene	174ug
		Polyunsaturated fat 0% RI	0.038g	Vitamin D 0% RI	0.0241ug
		Omega3(n-3) 0% RI	0.0047g	Vitamin E 1% RI	0.1377mg
		Omega6(n-6) 0% RI	0.0249g	Vitamin K ₁ 7% RI	5.6ug
		cis-Poly	-	Thiamin (B ₁) 5% RI	0.0513mg
		Trans-fatty acids	0.0012g	Riboflavin (B ₂) 4% RI	0.0506mg
		Cholesterol	11.3mg	Niacin total (B ₃) 18% RI	2.8mg
				Niacin 9% RI	1.5mg
				Tryptophan	8.8mg
				Pantothenic Acid (B ₅) 4% RI	0.2569mg
				Vitamin B ₆ 6% RI	0.0854mg
				Folates (B ₉) Total 2% RI	4.9ug
				Vitamin B ₁₂ 0% RI	0.0071ug
				Biotin (B ₇) 2% RI	1ug
				Vitamin C 9% RI	7.4mg
					Other
				GI (estimated)	28.3
				GL	0.6086
				Caffeine	-