

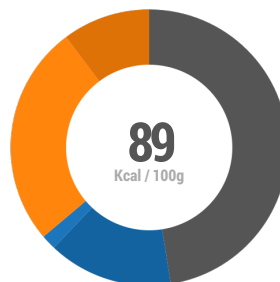
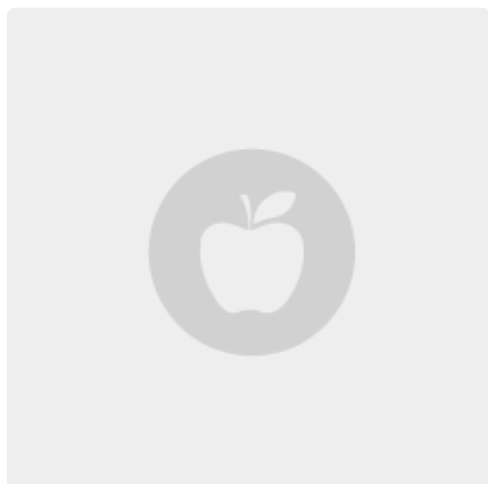
# Beef stew

Beef stew

By Afreen Asif from Hertfordshire University

Overview ...

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CALORIES:

16.3% Carbs

47.5% Protein

36.2% Fat

Food Labelling...

## EU Label values per 100g

Serves 2

	PER 100G	%RI	PER 464G SERVING	%RI
Energy(Kj)	402 kJ	5%	1864 kJ	22%
Energy(kcal)	96 kcal	5%	444 kcal	22%
Fat	3.6 g	5%	17 g	24%
of which saturates	1 g	5%	4.7 g	24%
Carbohydrate	4.4 g	2%	21 g	8%
of which sugars	3.2 g	4%	15 g	17%
Fibre	1.8 g	7%	8.1 g	32%
Protein	11 g	22%	50 g	100%
Salt	0.17 g	3%	0.79 g	13%

CONTAINS:



FISH



CELERY



SOYA

MAY CONTAIN:



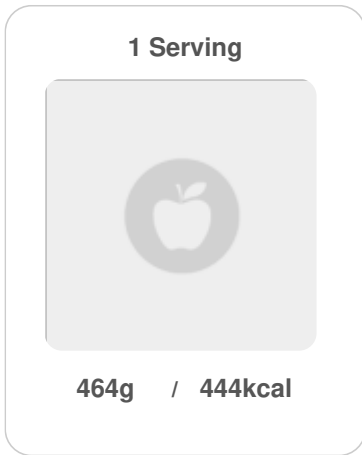
GLUTEN

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI Energy(Kj) 4% RI	Saturated Fat 5% RI Monounsaturated fat 3% RI cis-Mono Polyunsaturated fat 3% RI Omega3(n-3) 6% RI Omega6(n-6) 2% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 66% RI Retinol Carotene Vitamin D Vitamin E 4% RI Vitamin K <sub>1</sub> 16% RI Thiamin (B <sub>1</sub> ) 9% RI Riboflavin (B <sub>2</sub> ) 5% RI Niacin total (B <sub>3</sub> ) 6% RI Niacin 5% RI Tryptophan Pantothenic Acid (B <sub>5</sub> ) 10% RI Vitamin B <sub>6</sub> 4% RI Folates (B <sub>9</sub> ) Total 8% RI Vitamin B <sub>12</sub> Biotin (B <sub>7</sub> ) 6% RI Vitamin C 7% RI
<b>Macronutrients</b>	<b>Minerals &amp; trace elements</b>	<b>Other</b>
Carbohydrate 1% RI Protein 21% RI Fat 5% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 3% RI Potassium 10% RI Chloride 21% RI Calcium 3% RI Phosphorus 4% RI Magnesium 2% RI Iron 4% RI Zinc 2% RI Copper 8% RI Manganese 5% RI Selenium 7% RI Iodine 0% RI	526ug 0ug 3155ug 0ug 0.48mg 12.2ug 0.1mg 0.07mg 0.94mg 0.73mg 9.7mg 0.62mg 0.05mg 16.5ug 0ug 2.8ug 5.4mg
<b>Carbohydrate</b>		GI (estimated) 47
Starch Oligosaccharide Fibre 7% RI NSP Sugars 4% RI Glucose Galactose Fructose Sucrose Maltose Lactose		

Recipe Ingredients ...	Quantity:	Description:
Onions, raw	60g	1 small
Celery, raw	60g	1 full length stick
Oil, rapeseed	12.6g	1 tablespoon
Carrots, old, raw	240g	2 large carrot
Bay leaf, dried	0.7g	1 average
Thyme, fresh	5.7g	1.5 tbsp
Tomato puree	17g	1 tablespoon
Worcestershire sauce	18g	1 tablespoon
Kallo Very Low Salt Beef Stock Cubes 6 x 8g	48ml	1x Per pack
Sainsbury's British Beef Skirt	250g	
Mushrooms, white, raw	200g	2.86 cup, pieces
Parsley, fresh	15g	15 sprigs

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Sainsbury's British Beef Skirt (27%), Carrots (25.9%), Mushrooms (21.6%), Onions (6.5%), **Celery** (6.5%), Kallo Very Low Salt Beef Stock Cubes 6 X 8g (5.2%) [Potato Starch\*, Sustainable Palm Fat\*, Glucose Syrup\*, Beef Fat\* (6.7%), Vegetables\* (Tomato\*, Onion\*, **Celery\***, Mushroom\*), Sea Salt, Yeast Extract", Natural Beef Flavour, Beef Powder\* (2%), Caramelised Sugar\*, Herbs\* And Spices\* (Black Pepper \*, Garlic \*, Parsley \*, Turmeric\*, Bay\*), \*Organic Ingredient], Worcestershire Sauce (1.9%) (**Fish, Soya**), Tomato Puree (1.8%), Parsley (1.6%), Rapeseed Oil (1.4%), Thyme (0.61%), Dried Bay Leaf (0.08%)