

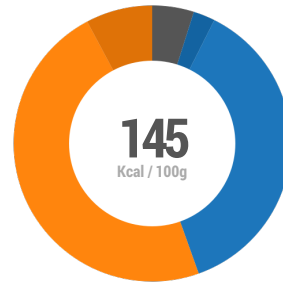
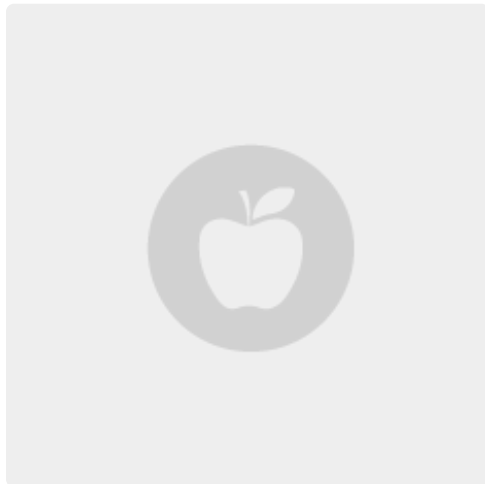
# Roast potatoes

Roast potatoes

By Afreen Asif from Hertfordshire University

Overview ...

U / 8181378



CALORIES:

**39.7% Carbs**

**4.9% Protein**

**55.4% Fat**

Food Labelling...

EU Label values per 100g

Serves **2**

	PER 100G	%RI	PER 111G SERVING	%RI
Energy(Kj)	<b>646</b> kJ	8%	<b>717</b> kJ	9%
Energy(kcal)	<b>155</b> kcal	8%	<b>172</b> kcal	9%
Fat	<b>9</b> g	13%	<b>10</b> g	14%
<i>of which saturates</i>	<b>1.3</b> g	7%	<b>1.4</b> g	7%
Carbohydrate	<b>16</b> g	6%	<b>18</b> g	7%
<i>of which sugars</i>	<b>0.9</b> g	1%	<b>1</b> g	1%
Fibre	<b>1.7</b> g	7%	<b>1.8</b> g	7%
Protein	<b>1.7</b> g	3%	<b>1.9</b> g	4%
Salt	<b>0.06</b> g	1%	<b>0.07</b> g	1%

MAY CONTAIN:



SULPHITES


Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(kcal) 7% RI Energy(Kj) 7% RI	Saturated Fat 6% RI Monounsaturated fat 21% RI cis-Mono Polyunsaturated fat 5% RI Omega3(n-3) 3% RI Omega6(n-6) 5% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 3% RI Retinol Carotene Vitamin D Vitamin E 4% RI Vitamin K <sub>1</sub> 7% RI Thiamin (B <sub>1</sub> ) 17% RI Riboflavin (B <sub>2</sub> ) 1% RI Niacin total (B <sub>3</sub> ) 5% RI Niacin 3% RI Tryptophan Pantothenic Acid (B <sub>5</sub> ) 7% RI Vitamin B <sub>6</sub> 5% RI Folates (B <sub>9</sub> ) Total 8% RI Vitamin B <sub>12</sub> Biotin (B <sub>7</sub> ) 1% RI Vitamin C 10% RI
Macronutrients	Minerals & trace elements	Other
Carbohydrate 6% RI Protein 4% RI Fat 13% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 1% RI Potassium 17% RI Chloride 14% RI Calcium 1% RI Phosphorus 4% RI Magnesium 5% RI Iron 3% RI Zinc 2% RI Copper 6% RI Manganese 6% RI Selenium 0% RI Iodine 1% RI	25.5ug 0ug 153ug 0ug 0.44mg 5ug 0.19mg 0.01mg 0.82mg 0.5mg 1.2mg 0.4mg 0.07mg 16.5ug 0ug 0.27ug 8.1mg
Energy 145kcal 608kJ	1.3g 6.2g - 0.75g 0.06g 0.64g - trace 0mg	GI (estimated) 78
Carbohydrate 16g 1.8g 9g 72g 0g 0g	25.9mg 344mg 108mg 7mg 30.3mg 17.4mg 0.46mg 0.21mg 0.06mg 0.12mg 0.05ug 0.93ug	
Protein 1.8g 1.7g		
Fat 9g 1.3g 1.7g		
Water 72g		
Water from Drinks 0g		
Alcohol (0% ABV) 0g		
Starch 15.1g		
Oligosaccharide -		
Fibre 7% RI 1.7g		
NSP 1.1g		
Sugars 1% RI 0.92g		
Glucose 0.34g		
Galactose 0g		
Fructose 0.37g		
Sucrose 0.22g		
Maltose 0g		
Lactose 0g		

Recipe Ingredients ...	Quantity:	Description:
Potatoes, old, boiled in unsalted water, flesh only	<b>200g</b>	1.48 average potato
Smoked Paprika	<b>1.1g</b>	1/2 teaspoon
Garlic puree	<b>2g</b>	1/4 teaspoon
Pepper, black	<b>0.1g</b>	1 average sprinkle
Oil, olive	<b>18.9g</b>	4.5 teaspoon

Portions / Pack Sizes ...

**1 Serving**



**111g / 172kcal**

Ingredient List (QUID) ...

Potatoes (90%), Olive Oil (8.5%), Garlic (0.9%), Paprika (0.52%), Black Pepper (0.05%)