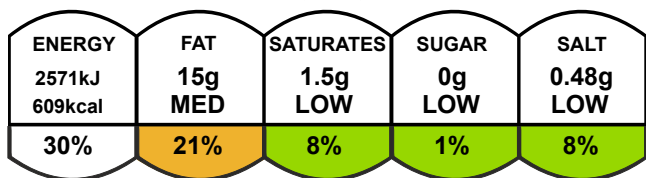


Jerk Chicken

Graphics

per serving (430g)



of your reference intake
Typical values per 100g: Energy 598kJ/142kcal

Typical values	per 100g	per 430g serving
Energy	598kJ 142kcal	2571kJ 609kcal
Fat	3.4g	15g
of which saturates	0.4g	1.5g
Carbohydrate	17g	72g
of which sugars	0.1g	0.5g
Protein	11g	46g
Salt	0.11g	0.48g

Ingredients and Allergens

Cooked Rice, Chicken, Kidney Beans, Spring Onion, Lime, Blended Vegetable Oil, Parsley, Cajun Seasoning, Ground Coriander, Ground Ginger, Chilli Powder.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

46.4%	199.6g	Rice, white, long grain, easy cook, boiled in unsalted water
34.8%	149.7g	Chicken, light meat, raw
9.28%	39.9g	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water
3.09%	13.3g	Spring onions, bulbs and tops, raw
2.75%	11.8g	Limes, flesh only, weighed with peel and pips
2.75%	11.8g	Oil, vegetable, average
0.603%	2.59g	Parsley, fresh
0.232%	0.998g	cajun seasoning
0.03%	0.13g	Ground Coriander
0.016%	0.07g	Ginger, ground
0.016%	0.07g	Chilli powder

Nutrients

per 100g per 430 g serving

Energy	597.8kJ	2570.7kJ
Energy	141.7kcal	609.4kcal
Fat	3.4g	14.8g
of which saturates	0.4g	1.5g
Fatty Acids	1.9g	8.0g
Monounsaturated		
Fatty Acids	1.0g	4.2g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	16.8g	72.4g
of which sugars	0.1g	0.5g
Added Sugar	0.0g	0.0g
Fibre	1.0g	4.2g
Protein	10.6g	45.6g
Salt	0.11g	0.48g
Sodium	44.1mg	189.6mg
Vitamin A IU	26.1IU	112.1IU
Vitamin A RAE	7.8µg	33.6µg
Carotene	46.7µg	200.8µg
Alpha Carotene	0.0µg	0.1µg
Beta Carotene	19.4µg	83.2µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.2mg
Niacin	6.1mg	26.2mg
Pantothenic Acid	0.5mg	2.1mg
Vitamin B6	0.2mg	0.9mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	2.1µg	9.2µg
Equivalents		
Food Folate	2.1µg	9.2µg
Folate	12.7µg	54.4µg
Vitamin B12	trace	trace
Vitamin C	2.9mg	12.5mg
Vitamin D IU	2.8IU	12.0IU
Vitamin D MCG	0.1µg	0.3µg
Vitamin E	0.7mg	2.9mg
Biotin	0.9µg	3.8µg
Vitamin K	6.9µg	29.9µg
Calcium	19.6mg	84.1mg
Chloride	70.6mg	303.4mg
Choline	4.0µg	17.2µg
Copper	0.1mg	0.4mg
Iodine	2.1µg	9.0µg
Iron	0.5mg	2.0mg
Magnesium	16.9mg	72.7mg
Manganese	0.2mg	0.7mg
Nitrogen	1.6g	6.8g
Phosphorus	107.5mg	462.2mg
Potassium	176.5mg	758.9mg
Selenium	7.4µg	32.0µg
Tryptophan/60	2.0mg	8.5mg
Zinc	0.5mg	2.0mg
Ash	0.1g	0.5g
Cholesterol	24.4mg	104.8mg
Lutein Zeaxanthin	0.0µg	0.0µg
Lycopene	0.0µg	0.0µg

Lycopene	0.0µg	0.0µg
Starch	14.7g	63.0g
Water	68.5g	294.6g

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