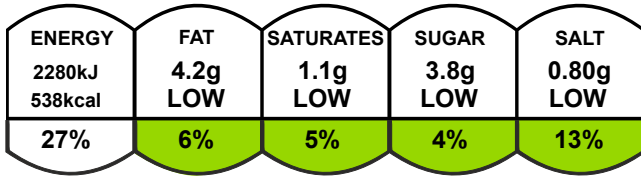


Katsu

Graphics

per serving (431g)



of your reference intake
Typical values per 100g: Energy 529kJ/125kcal

Typical values	per 100g	per 431g serving
Energy	529kJ 125kcal	2280kJ 538kcal
Fat	1.0g	4.2g
of which saturates	0.2g	1.1g
Carbohydrate	19g	80g
of which sugars	0.9g	3.8g
Protein	11g	46g
Salt	0.18g	0.80g

Ingredients and Allergens

Cooked Rice, Chicken, Carrots, Sweet Potato, Onion, **Egg**, Bread Crumb, Garlic Powder, Curry Powder (**Mustard**), **Wheat** Flour, Salt, Bay Leaf, Turmeric, Ground Ginger, Chilli Powder, Ground Black Pepper.

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

46.7%	201.4g	Rice, white, long grain, easy cook, boiled in unsalted water
35%	151g	Chicken, light meat, raw
6.61%	28.5g	Carrots, young, raw
3.31%	14.3g	Sweet potato, raw, flesh only
3.11%	13.4g	Onions, raw
2.34%	10.1g	Eggs, chicken, whole, raw
2.34%	10.1g	Bread crumbs, dry, grated, plain
0.157%	0.675g	Garlic powder
0.077%	0.332g	Curry powder
0.077%	0.332g	Flour, wheat, white, plain, soft
0.058%	0.252g	Salt
0.058%	0.252g	Bay leaf, dried
0.04%	0.171g	Turmeric, ground
0.04%	0.171g	Ginger, ground
0.019%	0.084g	Chilli powder
0.019%	0.084g	Black Pepper Coarse Ground

Nutrients

	per 100g	per 431 g serving
Energy	529.0kJ	2280.1kJ
Energy	124.8kcal	537.7kcal
Fat	1.0g	4.2g
of which saturates	0.2g	1.1g
Fatty Acids	0.3g	1.5g
Monounsaturated		
Fatty Acids	0.2g	1.0g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	18.5g	79.8g
of which sugars	0.9g	3.8g
Added Sugar	0.0g	0.0g
Fibre	0.8g	3.4g
Protein	10.6g	45.7g
Salt	0.18g	0.80g
Sodium	72.7mg	313.5mg
Vitamin A IU	372.1IU	1603.9IU
Vitamin A RAE	111.6µg	481.2µg
Carotene	652.2µg	2811.0µg
Alpha Carotene	223.7µg	964.2µg
Beta Carotene	535.2µg	2306.8µg
Retinol	2.9µg	12.7µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.5mg
Riboflavin	0.1mg	0.3mg
Niacin	6.4mg	27.4mg
Pantothenic Acid	0.6mg	2.4mg
Vitamin B6	0.2mg	0.9mg
Folic Acid	1.9µg	8.3µg
Dietary Folate	3.8µg	16.5µg
Equivalents		
Food Folate	0.6µg	2.5µg
Folate	14.1µg	60.9µg
Vitamin B12	0.1µg	0.3µg
Vitamin C	1.1mg	4.8mg
Vitamin D IU	5.8IU	25.0IU
Vitamin D MCG	0.1µg	0.6µg
Vitamin E	0.1mg	0.6mg
Biotin	1.4µg	6.1µg
Vitamin K	0.8µg	3.4µg
Calcium	21.8mg	94.1mg
Chloride	115.6mg	498.4mg
Choline	0.3µg	1.5µg
Copper	0.1mg	0.3mg
Iodine	3.6µg	15.3µg
Iron	0.5mg	2.3mg
Magnesium	16.8mg	72.5mg
Manganese	0.2mg	0.8mg
Nitrogen	1.7g	7.2g
Phosphorus	108.3mg	466.9mg
Potassium	184.6mg	795.6mg
Selenium	8.7µg	37.5µg
Tryptophan/60	2.1mg	9.0mg
Zinc	0.5mg	2.1mg
Ash	0.1g	0.3g
Cholesterol	32.7mg	140.9mg
Lutein Zeaxanthin	11.8µg	50.8µg

Lycopene	trace	trace
Starch	15.3g	66.1g
Water	70.4g	303.3g

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