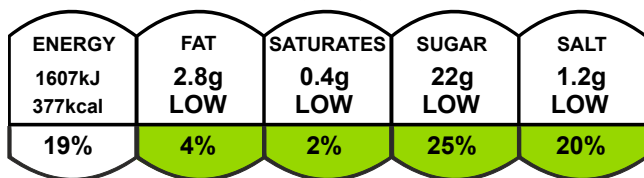


Tagine

Graphics

per serving (490g)



of your reference intake
Typical values per 100g: Energy 328kJ/77kcal

Typical values	per 100g	per 490g serving
Energy	328kJ 77kcal	1607kJ 377kcal
Fat	0.6g	2.8g
of which saturates	0.1g	0.4g
Carbohydrate	15g	74g
of which sugars	4.5g	22g
Protein	2.8g	13g
Salt	0.25g	1.2g

Ingredients and Allergens

Tomatoes, Couscous (**Wheat**), Sweet Potato, Chickpeas, Onion, Butternut Squash, Lemon, Carrots, Apricot (**Sulphites**), Lemon Juice (**Sulphites**), Salt, Turmeric, Ground Black Pepper, Ground Ginger, Chilli Powder.

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

32.9%	161.4g	Tomatoes, standard, raw
20.6%	100.9g	Couscous, plain, cooked
13.6%	66.6g	Sweet potato, raw, flesh only
8.24%	40.4g	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
5.77%	28.3g	Onions, raw
5.35%	26.2g	Squash, butternut, raw
5.15%	25.2g	Lemons, whole, without pips
4.12%	20.2g	Carrots, young, raw
3.29%	16.1g	Apricots, dried
0.733%	3.59g	Lemon juice, fresh
0.165%	0.807g	Salt
0.025%	0.121g	Turmeric, ground
0.01%	0.05g	Black Pepper Coarse Ground
0.008%	0.04g	Ginger, ground
0.008%	0.04g	Chilli powder

Nutrients

per 100g per 490 g serving

Energy	327.9kJ	1606.5kJ
Energy	77.0kcal	377.3kcal
Fat	0.6g	2.8g
of which saturates	0.1g	0.4g
Fatty Acids	0.1g	0.4g
Monounsaturated		
Fatty Acids	0.2g	1.2g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	15.0g	73.6g
of which sugars	4.5g	22.2g
Added Sugar	0.0g	0.0g
Fibre	2.2g	10.8g
Protein	2.8g	13.5g
Salt	0.2g	1.2g
Sodium	96.4mg	472.4mg
Vitamin A IU	662.2IU	3244.9IU
Vitamin A RAE	198.2µg	971.1µg
Carotene	1189.4µg	5827.8µg
Alpha Carotene	247.3µg	1211.7µg
Beta Carotene	1063.3µg	5210.2µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.0mg	0.1mg
Niacin	1.3mg	6.2mg
Pantothenic Acid	0.3mg	1.6mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	4.0µg	19.4µg
Equivalents		
Food Folate	4.0µg	19.4µg
Folate	20.3µg	99.5µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	15.1mg	74.0mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.4mg	1.9mg
Biotin	1.0µg	5.0µg
Vitamin K	2.6µg	13.0µg
Calcium	27.0mg	132.4mg
Chloride	160.9mg	788.5mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.6mg
Iodine	1.2µg	5.9µg
Iron	0.7mg	3.5mg
Magnesium	19.5mg	95.5mg
Manganese	0.3mg	1.5mg
Nitrogen	0.4g	1.8g
Phosphorus	56.8mg	278.3mg
Potassium	274.3mg	1344.0mg
Selenium	1.3µg	6.6µg
Tryptophan/60	0.4mg	1.9mg
Zinc	0.4mg	1.8mg
Ash	0.1g	0.4g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	41.6µg	203.6µg

Lycopene	167.0µg	818.5µg
Starch	8.9g	43.8g
Water	76.8g	376.2g

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