



ASHDALE CATERING

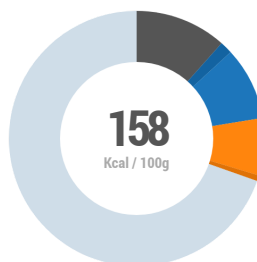
The School Lunch People

Ashdale (Noodles) - Chicken Noodles (10/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

U / 5214253



WEIGHT:

10.8% Carbs

11.6% Protein

8% Fat

70% Water

FOOD LABELLING...

EU Label values per 100g

Serves **100**

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	668 kJ	8%	1337 kJ	16%
Energy(kcal)	160 kcal	8%	319 kcal	16%
Fat	7.8 g	11%	16 g	23%
of which saturates	0.7 g	4%	1.4 g	7%
Carbohydrate	11 g	4%	21 g	8%
of which sugars	1.5 g	2%	3.1 g	3%
Fibre	0.7 g	3%	1.4 g	6%
Protein	11 g	22%	23 g	46%
Salt	1.5 g	25%	3 g	50%

CONTAINS:



WHEAT



LOW SATURATED FAT



LOW SUGAR



HIGH IN PROTEIN

★ Protein contributes to the maintenance of normal bones

Nutri-Score



HFSS Rating

2

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 8% RI	158kcal	Saturated Fat 4% RI	0.7043g	Vitamin A (ret eq) 0% RI	trace
Energy(Kj) 8% RI	662KJ	Monounsaturated fat 13% RI	3.9g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
		Polyunsaturated fat 12% RI	1.9g	Vitamin D	0ug
Carbohydrate 4% RI	10.6g	Omega3(n-3) 29% RI	0.633g	Vitamin E 12% RI	1.5mg
Protein 23% RI	11.3g	Omega6(n-6) 9% RI	1.3g	Vitamin K ₁ 10% RI	7.4ug
Fat 11% RI	7.8g	cis-Poly	-	Thiamin (B ₁) 0% RI	trace
Water	68g	Trans-fatty acids	trace	Riboflavin (B ₂) 0% RI	trace
Water from Drinks	0g	Cholesterol	0mg	Niacin total (B ₃) 0% RI	trace
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS		Niacin 0% RI	trace
				Tryptophan	0.004mg

CARBOHYDRATE		Sodium 25% RI	604mg	Pantothenic Acid (B ₅) 0% RI	trace
Starch	9.1g	Potassium 0% RI	1.1mg	Vitamin B ₆ 0% RI	trace
Oligosaccharide	-	Chloride 114% RI	909mg	Folates (B ₉) Total 0% RI	trace
Fibre 3% RI	0.6793g	Calcium 0% RI	0.1007mg	Vitamin B ₁₂	0ug
NSP	0.5195g	Phosphorus 0% RI	0.0101mg	Biotin (B ₇) 0% RI	trace
Sugars 2% RI	1.5g	Magnesium 0% RI	0.7608mg	Vitamin C	0mg
Glucose	0g	Iron 0% RI	0.0096mg		
Galactose	0g	Zinc 0% RI	0.0035mg	OTHER	
Fructose	0g	Copper 1% RI	0.0088mg	GI (estimated)	0
Sucrose	0g	Manganese 0% RI	trace	GL	0
Maltose	0g	Selenium 0% RI	trace	Caffeine	-
Lactose	0g	Iodine 0% RI	0.4396ug		

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:	COST:
Quigley Meats, Cooked Chicken Fillet Strips 2.5kg, Label data 0...					
CHICKEN	QUIGLEY MEATS	U 7.5kg	3 x Per pack	unchanged	0.00
Ashdale Catering (Bulk Recipe) - Lucky Boat No.2 Fine Wheat N...					
		U 7kg	1.17 x Recipe Total	unchanged	0.00
Doyle Veg Prep Stir-Fry Mix 2.5kg, chilled, label data June 2024..					
STIR FRY VEGETABLE MIX	DOYLE	U 4kg		unchanged	0.00
Oil, vegetable, average..					
VEGETABLE OIL		GB23 1.32kg	5 ¼ x cup	unchanged	0.00
Salt..					
SALT		GB23 200g	25 x heaped teaspoon	unchanged	0.00

TOTAL COST: 0.00

PRODUCTS / PACK SIZES ...

1 Serving





 200g / 319kcal
 # 1
 \$ €0.00 ↗
 \$

INGREDIENT LIST (QUID) ...

Chicken (37.5%) [Chicken Breast, Preservatives (E325, E262), Salt, Pea Starch, Stabilisers: (E451, E407a), Potato Starch, Glucose Syrup, Natural Chicken Stock (Chicken, Salt) Made With 105g Chicken Per 100 Finished Product], Ashdale Catering (Bulk Recipe) Lucky Boat No.2 Fine WHEAT Noodles (Egg Free), Cooked Batch (09/24) (35%) [Water (69.8%), WHEAT Noodles (34.9%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin Vitamin B1, Niacin), Salt, Natural Colour (Carotenes Paprika Extract), Acidity Regulators (Sodium Carbonate, Potassium Carbonate, Citric Acid), Antioxidant (Ascorbic Acid)]], Stir Fry Vegetable Mix (20%) [Courgette, Red Onion, Red Pepper, Green Pepper, Yellow Pepper, Carrot, Leeks], Vegetable Oil (6.6%), Salt (1%)

ALLERGY ADVICE: For allergens, see ingredients in CAPS & bold

COOKING INSTRUCTIONS & NOTES

METHOD

No Cooking Instructions

