



ASHDALE CATERING

The School Lunch People

Ashdale (Plant based) - Chickpea Rice (11/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

W / 11767500



FOOD LABELLING ...

EU Label values per 100g

Serves **150**

	PER 100G	%R	PER 170G SERVING	%R
Energy(kJ)	933 kJ	11%	1589 kJ	19%
Energy(kcal)	221 kcal	11%	377 kcal	19%
Fat	6.5 g	9%	11 g	10%
of which saturates	0.5 g	3%	0.8 g	4%
Carbohydrate	36 g	14%	61 g	23%
of which sugars	0 g	0%	0 g	0%
Fibre	0.7 g	3%	1.2 g	5%
Protein	4.6 g	9%	7.9 g	16%
Salt	0.06 g	1%	0.1 g	2%

OTHER PROPERTIES:



VEGETARIAN



VEGAN



LOW SATURATED FAT



VERY LOW SALT



SUGAR-FREE

Nutri-Score



HFSS Rating

0

NUTRIENT BREAKDOWN PER 100G ...