

**ASHDALE CATERING***The School Lunch People***Ashdale (Curries) - Potato & Bean Curry with Chickpea Rice (11/24)**

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

W / 11818856



WEIGHT:

26.8% Carbs

3.9% Protein

4.6% Fat

65% Water

FOOD LABELLING...

## EU Label values per 100g

Serves **1**

|                    | PER 100G        | %R  | PER 245G SERVING | %R  |
|--------------------|-----------------|-----|------------------|-----|
| Energy(kJ)         | <b>693</b> kJ   | 8%  | <b>1697</b> kJ   | 20% |
| Energy(kcal)       | <b>164</b> kcal | 8%  | <b>403</b> kcal  | 20% |
| Fat                | <b>4.5</b> g    | 6%  | <b>11</b> g      | 16% |
| of which saturates | <b>0.3</b> g    | 2%  | <b>0.8</b> g     | 4%  |
| Carbohydrate       | <b>26</b> g     | 10% | <b>65</b> g      | 25% |
| of which sugars    | <b>0</b> g      | 0%  | <b>0.5</b> g     | 1%  |
| Fibre              | <b>1.3</b> g    | 5%  | <b>3.2</b> g     | 13% |
| Protein            | <b>3.9</b> g    | 8%  | <b>9.5</b> g     | 19% |
| Salt               | <b>0.19</b> g   | 3%  | <b>0.46</b> g    | 8%  |

Nutri-Score



HFSS Rating

-1

CONTAINS:



EAT HERE

MAY CONTAIN:



CURRY

OTHER PROPERTIES:



VEGETARIAN



VEGAN



LOW SATURATED FAT



LOW SALT



SUGAR FREE

NUTRIENT BREAKDOWN PER 100G...