



ASHDALE CATERING

The School Lunch People

Ashdale (Curries) - Vegetable Curry with Rice (11/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

W / 4256214



WEIGHT:

24.2% Carbs

2.8% Protein

4.9% Fat

68% Water

FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 276G SERVING	%RI
Energy(kJ)	640 kJ	8%	1727 kJ	21%
Energy(kcal)	152 kcal	8%	410 kcal	21%
Fat	4.8 g	7%	13 g	19%
of which saturates	0.4 g	2%	1.2 g	6%
Carbohydrate	24 g	9%	64 g	25%
of which sugars	2 g	2%	5.3 g	6%
Fibre	1 g	4%	2.8 g	11%
Protein	2.7 g	5%	7.4 g	15%
Salt	0.02 g	0%	0.06 g	1%

Serves **1**

CONTAINS:



DAIRY

MAY CONTAIN:



CUTLERY

OTHER PROPERTIES:



VEGETARIAN



VEGAN



LOW SATURATED FAT



LOW SUGAR



VERY LOW SALT

Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...