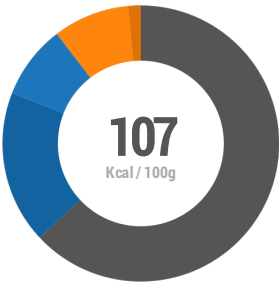


Chicken with Honey and Apricots

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

26.6% Carbs

63.1% Protein

10.4% Fat

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 377G SERVING	%RI	
Energy(Kj)	472 kJ	6%	1779 kJ	21%	CONTAINS:
Energy(Kcal)	112 kcal	6%	421 kcal	21%	
Fat	1.2 g	2%	4.6 g	7%	MAY CONTAIN:
of which saturates	0.2 g	1%	0.7 g	4%	
Carbohydrate	7.5 g	3%	28 g	11%	PEANUTS
of which sugars	4.8 g	5%	18 g	20%	
Fibre	2 g	8%	7.5 g	30%	TREE NUTS
Protein	17 g	34%	63 g	126%	
Salt	0.52 g	9%	2 g	33%	

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 1% RI	Vitamin A (ret eq) 4% RI
Energy(Kj) 5% RI	Monounsaturated fat 2% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 3% RI	Polyunsaturated fat 2% RI	Vitamin D 2% RI
Protein 34% RI	Omega3(n-3) 3% RI	Vitamin E 4% RI
Fat 2% RI	Omega6(n-6) 1% RI	Vitamin K 1 1% RI
Water	cis-Poly	Thiamin (B1) 9% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B2) 10% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B3) 68% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 9% RI	Tryptophan
Oligosaccharide	Potassium 19% RI	Pantothenic Acid (B5) 12% RI
Fibre 8% RI	Chloride 13% RI	Vitamin B 6 16% RI
NSP	Calcium 2% RI	Folates (B9) Total 4% RI
Sugars 5% RI	Phosphorus 20% RI	Vitamin B 12 0% RI
Glucose	Magnesium 6% RI	Biotin (B7) 3% RI
Galactose	Iron 5% RI	Vitamin C 1% RI
Fructose	Zinc 6% RI	Other
Sucrose	Copper 7% RI	GI (estimated)
Maltose	Manganese 4% RI	GL
Lactose	Selenium 15% RI	
	Iodine 3% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Chicken, light meat, raw	1000g		0.00
Flour, wheat, white, plain, soft	40g	2x tablespoon	0.00
Oil, vegetable, average	8g	(auto-calculated)	0.00
Onions, raw	300g	2x medium	0.00
Apricots, dried	100g		0.00
Honey	14g	2x teaspoon	0.00
Stock cubes, chicken, made up with water	377g	1.5x prepared cube	0.00
Salt	1g	1x 1g	0.00
Pepper, black	0.2g	2x average sprinkle	0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	377g	402	0.00	

Ingredient List (QUID) ...

Chicken (66.3%), Chicken stock cubes (25%) (**Wheat, Eggs, Milk**), Onions (19.9%), Dried apricots (6.6%) (**Sulphites**), Flour (2.7%) (**Wheat**), Honey (0.93%), Vegetable oil (0.53%), Salt (0.07%), Black pepper (0.01%)