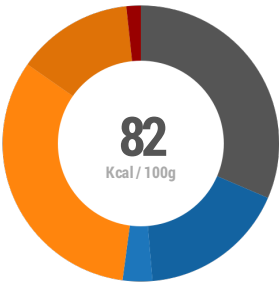


Coq au Scrumpy

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

20.7% Carbs

31.4% Protein

46.2% Fat

1.7% Alcohol

EU Label values per 100g

Serves 8

	PER 100G	%RI	PER 618G SERVING	%RI	
Energy(Kj)	356 kJ	4%	2202 kJ	26%	CONTAINS:
Energy(Kcal)	85 kcal	4%	527 kcal	26%	
Fat	4.2 g	6%	26 g	37%	MAY CONTAIN:
of which saturates	1.2 g	6%	7.7 g	39%	
Carbohydrate	4.6 g	2%	28 g	11%	PEANUTS
of which sugars	3.5 g	4%	22 g	24%	
Fibre	1 g	4%	6.1 g	24%	TREE NUTS
Protein	6.6 g	13%	41 g	82%	
Salt	0.23 g	4%	1.4 g	23%	

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 20% RI
Energy(Kj) 4% RI	Monounsaturated fat 1% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 1% RI	Vitamin D 1% RI
Carbohydrate 2% RI	Omega3(n-3) 0% RI	Vitamin E 1% RI
Protein 13% RI	Omega6(n-6) 0% RI	Vitamin K 1% RI
Fat 6% RI	cis-Poly	Thiamin (B1) 4% RI
Water	Trans-fatty acids	Riboflavin (B2) 2% RI
Water from Drinks	Cholesterol	Niacin total (B3) 3% RI
Alcohol (0.2% ABV)		Niacin
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 4% RI	Pantothenic Acid (B5) 3% RI
Oligosaccharide	Potassium 5% RI	Vitamin B 6 3% RI
Fibre 4% RI	Chloride 8% RI	Folates (B9) Total 2% RI
NSP	Calcium 2% RI	Vitamin B 12 0% RI
Sugars 4% RI	Phosphorus 3% RI	Biotin (B7) 3% RI
Glucose	Magnesium 1% RI	Vitamin C 2% RI
Galactose	Iron 3% RI	
Fructose	Zinc 1% RI	Other
Sucrose	Copper 6% RI	GI (estimated)
Maltose	Manganese 2% RI	GL
Lactose	Selenium 3% RI	
	Iodine 1% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Pancetta	113g		0.00
Asda Chicken Thighs 1.1kg	1.1kg		0.00
Carrots, old, boiled in unsalted water	453g	3.2x large carrot	0.00
Spirits, 40% volume	33ml	1x Average Portion	0.00
Butter, unsalted	10.2g	(auto-calculated)	0.00
Cider, dry	2.27l	4x Pint	0.00
Thyme, fresh	4g	1x Average Portion	0.00
Mushrooms, white, raw	453g		0.00
Rosemary, fresh	1.4g	2x tsp	0.00
Apples, cooking, raw, flesh only, peeled	300g	2x medium apple	0.00
Celery, raw	60g	1x full length stick	0.00
Onions, raw	960g	4x large	0.00
Stock cubes, chicken, made up with water	251g	1x prepared cube	0.00
Salt	0.5g	1x average pinch of salt	0.00
Pepper, black	0.1g	1x average sprinkle	0.00
Flour, wheat, white, plain, soft	20g	1x tablespoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	618g	506	0.00	

Ingredient List (QUID) ...

Cider (45.9%) (**Sulphites**), Asda Chicken Thighs 1.1kg (22.3%), Onions (19.4%), Carrots (9.2%), Mushrooms (9.2%), Cooking apples (6.1%), Chicken stock cubes (5.1%) (**Wheat, Eggs, Milk**), Pancetta (2.3%), **Celery** (1.2%), Spirits (0.67%), Flour (0.4%) (**Wheat**), Unsalted butter (0.21%) (**Milk**), Thyme (0.08%), Rosemary (0.03%), Salt, Black pepper