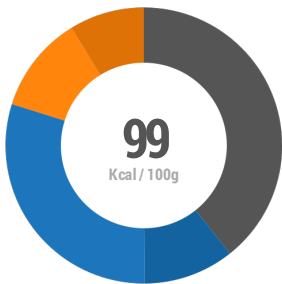


Beef and Sweet Potato Stew

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

40.5% Carbs

39.3% Protein

20.1% Fat

EU Label values per 100g

Serves 5

	PER 100G	%RI	PER 449G SERVING	%RI	
Energy(Kj)	429 kJ	5%	1927 kJ	23%	CONTAINS:
Energy(Kcal)	102 kcal	5%	457 kcal	23%	
Fat	2.2 g	3%	10 g	14%	
of which saturates	1 g	5%	4.3 g	22%	MAY CONTAIN:
Carbohydrate	10 g	4%	46 g	18%	
of which sugars	2.6 g	3%	12 g	13%	
Fibre	1 g	4%	4.5 g	18%	
Protein	9.8 g	20%	44 g	88%	
Salt	0.22 g	4%	0.99 g	17%	

Energy	Lipid Components	Vitamins
Energy(Kcal) 5% RI	Saturated Fat 5% RI	Vitamin A (ret eq) 25% RI
Energy(Kj) 5% RI	Monounsaturated fat 3% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 4% RI	Polyunsaturated fat 1% RI	Vitamin D 3% RI
Protein 20% RI	Omega3(n-3) 0% RI	Vitamin E 2% RI
Fat 3% RI	Omega6(n-6) 0% RI	Vitamin K 1 1% RI
Water	cis-Poly	Thiamin (B1) 8% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B2) 7% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B3) 25% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 4% RI	Tryptophan
Oligosaccharide	Potassium 10% RI	Pantothenic Acid (B5) 6% RI
Fibre 4% RI	Chloride 18% RI	Vitamin B 6 10% RI
NSP	Calcium 2% RI	Folates (B9) Total 10% RI
Sugars 3% RI	Phosphorus 12% RI	Vitamin B 12 19% RI
Glucose	Magnesium 3% RI	Biotin (B7) 1% RI
Galactose	Iron 7% RI	Vitamin C 10% RI
Fructose	Zinc 25% RI	Other
Sucrose	Copper 6% RI	GI (estimated)
Maltose	Manganese 9% RI	GL
Lactose	Selenium 6% RI	
	Iodine 5% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Leeks, raw	178g	2x leek	0.00
Butter, unsalted	7.4g	(auto-calculated)	0.00
Beef, braising steak, raw, lean	900g	8.7x average 5oz	0.00
Flour, wheat, white, plain, soft	80g	4x tablespoon	0.00
Stock cubes, beef	10g	1x stock cube	0.00
Boiled water	500g	1x Standard bottle	0.00
Orange juice, from concentrate	150g	0.5x Tall tumbler	0.00
Schwartz Paprika & Pepper Season All 70g	2.3g		0.00
Sweet potato, raw, flesh only	750g	3.2x medium 6	0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:		Quantity:	Kcal:	Cost RRP:	Sale Price
	1 serving	449g	446	0.00	

Ingredient List (QUID) ...

Beef (40.1%), Sweet potatoes (33.4%), Water (22.3%), Leeks (7.9%), Orange juice from concentrate (6.7%), Flour (3.6%) (**Wheat**), Beef stock cubes (0.45%), Unsalted butter (0.33%) (**Milk**), Schwartz Paprika & Pepper Season All 70g (0.1%) (**Celery**)