

Pork and Apple Casserole

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

38.4% Carbs

37.1% Protein

24.5% Fat

EU Label values per 100g

Serves 2

	PER 100G	%RI	PER 345G SERVING	%RI	
Energy(Kj)	588 kJ	7%	2027 kJ	24%	CONTAINS: WHEAT MUSTARD SULPHITES
Energy(Kcal)	140 kcal	7%	482 kcal	24%	
Fat	3.6 g	5%	12 g	17%	
of which saturates	1 g	5%	3.5 g	18%	
Carbohydrate	13 g	5%	45 g	17%	
of which sugars	4.3 g	5%	15 g	17%	
Fibre	2.8 g	11%	9.7 g	39%	
Protein	12 g	24%	42 g	84%	
Salt	0.06 g	1%	0.2 g	3%	

Energy		Lipid Components		Vitamins	
Energy(Kcal) 7% RI	133kcal	Saturated Fat 5% RI	1g	Vitamin A (ret eq) 0% RI	1.6ug
Energy(Kj) 7% RI	557kJ	Monounsaturated fat 5% RI	1.5g	Retinol	0ug
Macronutrients		cis-Mono	0.6g	Carotene	0ug
Carbohydrate 5% RI	12.8g	Polyunsaturated fat 4% RI	0.7g	Vitamin D 3% RI	0.17ug
Protein 25% RI	12.3g	Omega3(n-3) 0% RI	0.01g	Vitamin E 2% RI	0.22mg
Fat 5% RI	3.6g	Omega6(n-6) 1% RI	0.07g	Vitamin K 1 1% RI	0.56ug
Water	67g	cis-Poly	0.08g	Thiamin (B ₁) 29% RI	0.32mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 10% RI	0.14mg
Alcohol (0% ABV)	0g	Cholesterol	27.4mg	Niacin total (B ₃) 33% RI	5.4mg
Carbohydrate		Minerals & trace elements		Niacin	2.2mg
Starch	7.7g	Sodium 1% RI	22.6mg	Tryptophan	149mg
Oligosaccharide	0.29g	Potassium 13% RI	262mg	Pantothenic Acid (B ₅) 10% RI	0.61mg
Fibre 11% RI	2.8g	Chloride 4% RI	34.5mg	Vitamin B ₆ 15% RI	0.2mg
NSP	2.1g	Calcium 3% RI	24mg	Folates (B ₉) Total 2% RI	3.5ug
Sugars 5% RI	4.3g	Phosphorus 17% RI	120mg	Vitamin B ₁₂ 14% RI	0.35ug
Glucose	1.1g	Magnesium 6% RI	23.5mg	Biotin (B ₇) 2% RI	1ug
Galactose	0g	Iron 7% RI	0.95mg	Vitamin C 5% RI	3.8mg
Fructose	2.2g	Zinc 10% RI	1mg	Other	
Sucrose	1g	Copper 9% RI	0.09mg	GI (estimated)	43
Maltose	0.01g	Manganese 13% RI	0.26mg	GL	5.3
Lactose	0g	Selenium 11% RI	6.3ug		
		Iodine 2% RI	3ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Oil, olive	5.6g	(auto-calculated)	0.00
Pork, fillet, raw, lean and fat	300g	1x average fillet	0.00
Onions, raw	120g	2x small	0.00
Apples, cooking, raw, flesh only, peeled	225g	1.5x medium apple	0.00
Garlic, raw	7.5g	2.5x Average Portion	0.00
Flour, wheat, white, plain, soft	40g	2x tablespoon	0.00
Mustard powder	4.5g	1.5x teaspoon	0.00
Beans, butter, dried, boiled in unsalted water	156g	0.5x package (10 oz) yields	0.00
Pepper, black	0.2g	2x average sprinkle	0.00
Sage, fresh	4g	1x Average Portion	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	345g	459	0.00	

Ingredient List (QUID) ...

Pork (43.5%), Cooking apples (32.6%), Butter beans (22.6%), Onions (17.4%), Flour (5.8%) (**Wheat**), Garlic (1.1%), Olive Oil (0.81%), **Mustard** powder (0.65%) (**Sulphites**), Sage (0.58%), Black pepper (0.03%)