



CALORIES:

49.3% Carbs

2.9% Protein

47.8% Fat

EU Label values per 100g

Serves 10

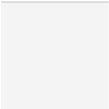
	PER 100G	%RI	PER 220G SERVING	%RI	
Energy(Kj)	625 kJ	7%	1376 kJ	16%	
Energy(Kcal)	150 kcal	8%	329 kcal	16%	
Fat	7.7 g	11%	17 g	24%	
of which saturates	4.8 g	24%	11 g	55%	
Carbohydrate	18 g	7%	40 g	15%	
of which sugars	11 g	12%	23 g	26%	
Fibre	1.9 g	8%	4.2 g	17%	
Protein	1.1 g	2%	2.4 g	5%	
Salt	0.18 g	3%	0.4 g	7%	
					CONTAINS:
					MILK
					OTHER PROPERTIES:
					VEGETARIAN
					GLUTEN FREE

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 24% RI	Vitamin A (ret eq) 85% RI
Energy(Kj) 7% RI	Monounsaturated fat 7% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 2% RI	Vitamin D 2% RI
Carbohydrate 7% RI	Omega3(n-3) 3% RI	Vitamin E 3% RI
Protein 2% RI	Omega6(n-6) 1% RI	Vitamin K 1 1% RI
Fat 11% RI	cis-Poly	Thiamin (B1) 6% RI
Water	Trans-fatty acids	Riboflavin (B2) 1% RI
Water from Drinks	Cholesterol	Niacin total (B3) 5% RI
Alcohol (0% ABV)		Niacin
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 3% RI	Pantothenic Acid (B5) 8% RI
Oligosaccharide	Potassium 14% RI	Vitamin B 6 3% RI
Fibre 8% RI	Chloride 14% RI	Folates (B9) Total 4% RI
NSP	Calcium 3% RI	Vitamin B 12 1% RI
Sugars 12% RI	Phosphorus 7% RI	Biotin (B7) 0% RI
Glucose	Magnesium 11% RI	Vitamin C 19% RI
Galactose	Iron 5% RI	Other
Fructose	Zinc 3% RI	GI (estimated)
Sucrose	Copper 13% RI	GL
Maltose	Manganese 18% RI	
Lactose	Selenium 2% RI	
	Iodine 4% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Sweet potato, boiled in unsalted water, flesh only	2kg	4.4x large	0.00
Butter, unsalted	200g	2x 1/2 cup, cubed	0.00
Salt	2g	2x 1g	0.00
Pepper, black	1g	1x 1g	0.00

TOTAL COST: **0.00** RRP : **0.00**

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
 1 serving	220g	321	0.00	

Ingredient List (QUID) ...

Sweet potatoes (90.8%), Unsalted butter (9.1%) (**Milk**), Salt (0.09%), Black pepper (0.05%)

Cooking Instructions & Notes

1. Add peeled, cut sweet potatoes to boiling water and cook for 15-20 mins until soft.
2. Drain and mash with butter, salt and pepper.
3. These can be puréed and added to any of the meat dishes.