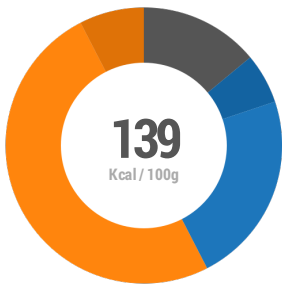


Potato, Beetroot and Egg Salad

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

28.5% Carbs

14% Protein

57.6% Fat

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 203G SERVING	%RI	
Energy(Kj)	598 kJ	7%	1214 kJ	14%	
Energy(Kcal)	144 kcal	7%	291 kcal	15%	
Fat	8.9 g	13%	18 g	26%	
of which saturates	1.2 g	6%	2.4 g	12%	
Carbohydrate	10 g	4%	21 g	8%	
of which sugars	2 g	2%	4.2 g	5%	
Fibre	1.2 g	5%	2.4 g	10%	
Protein	4.8 g	10%	9.8 g	20%	
Salt	0.24 g	4%	0.48 g	8%	
					CONTAINS:
					EGGS
					MAY CONTAIN:
					MUSTARD
					MILK

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 5% RI
Energy(Kj) 7% RI	Monounsaturated fat 17% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 13% RI	Vitamin D 16% RI
Carbohydrate 4% RI	Omega3(n-3) 24% RI	Vitamin E 19% RI
Protein 10% RI	Omega6(n-6) 11% RI	Vitamin K 1 0% RI
Fat 13% RI	cis-Poly	Thiamin (B ₁) 11% RI
Water	Trans-fatty acids	Riboflavin (B ₂) 9% RI
Water from Drinks	Cholesterol	Niacin total (B ₃) 9% RI
Alcohol (0% ABV)		Niacin
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 4% RI	Pantothenic Acid (B ₅) 9% RI
Oligosaccharide	Potassium 15% RI	Vitamin B ₆ 5% RI
Fibre 5% RI	Chloride 21% RI	Folates (B ₉) Total 18% RI
NSP	Calcium 3% RI	Vitamin B ₁₂ 21% RI
Sugars 2% RI	Phosphorus 12% RI	Biotin (B ₇) 9% RI
Glucose	Magnesium 4% RI	Vitamin C 7% RI
Galactose	Iron 6% RI	
Fructose	Zinc 5% RI	Other
Sucrose	Copper 5% RI	GI (estimated)
Maltose	Manganese 11% RI	GL
Lactose	Selenium 12% RI	
	Iodine 9% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Eggs, chicken, whole, boiled	50g	1x average egg	0.00
Beetroot, boiled in unsalted water	35g	1x 1/2 small beetroot	0.00
Potatoes, old, boiled in salted water, flesh only	100g	0.7x average potato	0.00
Mayonnaise, standard, retail	17.5g	2.5x teaspoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	203g	283	0.00	

Ingredient List (QUID) ...

Potatoes (49.4%), **Eggs** (24.7%), Beetroot (17.3%), Mayonnaise (8.6%) (**Eggs**)