

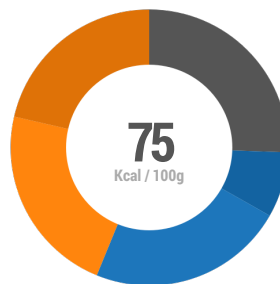
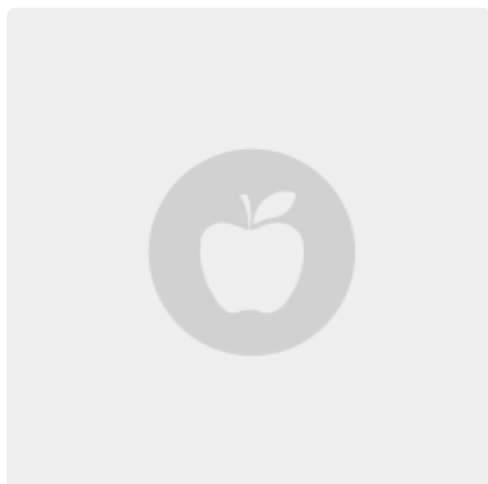
# Indonesian Style Laksa

Smarter Naturally

By Joanna Injore from JI Nutrition

Overview ...

U / 9089752



CALORIES:

**30.6% Carbs**

**25.6% Protein**

**43.8% Fat**

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 886G SERVING	%RI
Energy(Kj)	<b>327</b> kJ	4%	<b>2893</b> kJ	34%
Energy(kcal)	<b>78</b> kcal	4%	<b>691</b> kcal	35%
Fat	<b>3.7</b> g	5%	<b>32</b> g	46%
of which saturates	<b>1.8</b> g	9%	<b>16</b> g	80%
Carbohydrate	<b>5.8</b> g	2%	<b>51</b> g	20%
of which sugars	<b>1.4</b> g	2%	<b>13</b> g	14%
Fibre	<b>1</b> g	4%	<b>9</b> g	36%
Protein	<b>4.9</b> g	10%	<b>43</b> g	86%
Salt	<b>0.26</b> g	4%	<b>2.3</b> g	38%
HFSS Rating	<b>-1</b>	points		

CONTAINS:



PEANUTS



CRUSTACEANS



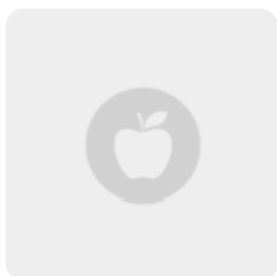
CELERY



SESAME

Portions / Pack Sizes ...

1 Serving



886g / 691kcal

Ingredient List (QUID) ...

Smarter Naturally Soup (32.7%) [Broccoli (50%), Maltodextrin, Creamer (sunflower Oil, Modified Starch, Glucose Syrup Antioxidant: Extracts Of Rosemary, Potatoes Starch Naturally Flavourings, Onion Powder, Yeast Extract, Salt, Peas Stabiliser: Diphosphate Ground Black Pepper], Water (28.2%), Low Fat Canned Coconut Milk (22.6%), Prawns (16.9%) (CRUSTACEANS), Rice Noodles (5.6%), Beansprouts (5.6%), Sainsbury's Choi Sum 200g (4.5%), Onions (3.4%), Tomato Puree (1.9%), Coriander (1.1%), PEANUT Butter (1%), Red Chilli Peppers (0.68%), Ginger (0.56%), Lime Juice (0.56%), Vegetable Stock Cube (0.56%) (CELERY), Olive Oil (0.47%), SESAME Oil (0.47%), Garlic (0.34%), Curry Powder (0.34%), Lemongrass (0.27%), Turmeric (0.12%), Salt (0.06%)

Recipe Ingredients ...	Quantity:	Description:
Smarter Naturally Soup	290g	1x per serving (250mls boiling water)
Noodles, rice, fine, dried, boiled in unsalted water	50g	0.18x Average serving
Sainsbury's Choi Sum 200g	40g	0.2x Per pack
Oil, olive	4.2g	1 teaspoon
Garlic, raw	3g	1x Average Portion
Onions, raw	30g	2 slice or in sandwich/wrap
Ginger, fresh	5g	1x Average Portion
Peppers, capsicum, chilli, red, raw	6g	1x Average Portion
Lemongrass, raw	2.4g	1/2 tablespoon
Prawns, king, raw	150g	1.88x Small Portion
Coconut milk, canned, reduced fat, retail	200g	1/2 average can
Beansprouts, mung, raw	50g	0.48 cup
Tomato puree	17g	1 tablespoon
Peanut butter, smooth	9g	1/2 tablespoon
Boiled water	250g	0.5x Standard bottle
Curry powder	3g	1/2 tablespoon
Turmeric, ground	1.1g	1/2 teaspoon
Oil, sesame	4.2g	1 teaspoon
Salt	0.5g	1 average pinch of salt
Lime juice, fresh	5g	1x Average Portion
Coriander, fresh, raw	10g	10 sprigs
Knorr stock cube, vegetable, reduced sodium	5g	1/2 stock cube

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI	75kcal	Saturated Fat 9% RI	Vitamin A (ret eq) 8% RI
Energy(Kj) 4% RI	315kJ	Monounsaturated fat 3% RI	Retinol
		cis-Mono	Carotene
		Polyunsaturated fat 3% RI	Vitamin D 9% RI
		Omega3(n-3) 1% RI	Vitamin E 11% RI
		Omega6(n-6) 3% RI	Vitamin K <sub>1</sub> 5% RI
		cis-Poly	Thiamin (B <sub>1</sub> ) 15% RI
		Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 1% RI
		Cholesterol	Niacin total (B <sub>3</sub> ) 13% RI
			Niacin 2% RI
			Tryptophan
			Pantothenic Acid (B <sub>5</sub> ) 6% RI
			Vitamin B <sub>6</sub> 9% RI
			Folates (B <sub>9</sub> ) Total 8% RI
			Vitamin B <sub>12</sub> 16% RI
			Biotin (B <sub>7</sub> ) 8% RI
			Vitamin C 4% RI
			Other
			GI (estimated)
			GL
			Caffeine