

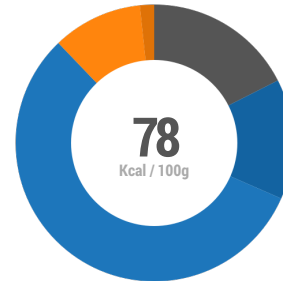
Bean and Lentil Pie

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 3193779



WEIGHT:

70.3% Carbs

17.5% Protein

12.2% Fat

Food Labelling...

EU Label values per 100g

Serves **6**

	PER 100G	%RI	PER 445G SERVING	%RI
Energy(Kj)	359 kJ	4%	1599 kJ	19%
Energy(Kcal)	85 kcal	4%	379 kcal	19%
Fat	1 g	1%	4.7 g	7%
<i>of which saturates</i>	0.1 g	1%	0.6 g	3%
Carbohydrate	14 g	5%	62 g	24%
<i>of which sugars</i>	2.7 g	3%	12 g	13%
Fibre	3.5 g	14%	15 g	60%
Protein	3.4 g	7%	15 g	30%
Salt	0.06 g	1%	0.26 g	4%

CONTAINS:



CELERY

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 1% RI	Vitamin A (ret eq) 33% RI
Energy(Kj) 4% RI	Monounsaturated fat 0% RI	Retinol
	<i>cis-Mono</i>	Carotene
	Polyunsaturated fat 1% RI	Vitamin D
	<i>Omega3(n-3)</i> 0% RI	Vitamin E 1% RI
	<i>Omega6(n-6)</i> 0% RI	Vitamin K ₁ 2% RI
	<i>cis-Poly</i>	Thiamin (B ₁) 9% RI
	Trans-fatty acids	Riboflavin (B ₂) 1% RI
	Cholesterol	Niacin total (B ₃) 4% RI
		<i>Niacin</i> 2% RI
		<i>Tryptophan</i>
		Pantothenic Acid (B ₅) 4% RI
		Vitamin B ₆ 8% RI
		Folates (B ₉) Total 6% RI
		Vitamin B ₁₂
		Biotin (B ₇) 0% RI
		Vitamin C 14% RI

Sucrose
Maltose
Lactose

1.2g Manganese 11% RI
0g Selenium 12% RI
0g Iodine 0% RI

0.23mg
6.6ug
0.63ug

Other


GI (estimated)
GL
Caffeine

49
6.7
-

Recipe Ingredients ...	Quantity:	Description:
Celery, raw	240g	4x full length stick
Carrots, old, raw	240g	2x large carrot
Sweet potato, raw, flesh only	456g	1x large
Garlic, raw	18g	6x Average Portion
Peppers, capsicum, green, raw	160g	
Lentils, green and brown, whole, dried, boiled in unsalted water	412g	2x Cup
Epicure Organic Haricot Beans in Water 400g	400g	1x Per pack
Janet's Just Delicious	350g	
Bunalun Organic Cooking Crushed Tomato Passata 680g	100g	0.1x Pack
Thyme, dried, ground	2.7g	1x tablespoon
Rosemary, dried	2.7g	1x tablespoon
Pepper, black	2.3g	2x level teaspoon
Oregano, dried, ground	5.4g	1x tablespoon
Potatoes, old, raw, flesh only	639g	3x medium white/red 5-8cm diameter
Organico Extra Virgin Olive Oil 1 Litre	10g	
Water, tap, drinking	100g	0.5x Average glass

Portions / Pack Sizes ...

1 Serving



445g / 378kcal

Ingredient List (QUID) ...

Potatoes (24%), Sweet potatoes (17.1%), Lentils (15.4%), Epicure Organic Haricot Beans in Water 400g (15%) [Organic Haricot Beans, Water], Janet's Just Delicious (13.1%), Carrots (9%), **Celery** (9%), Green peppers (6%), Water (3.7%), Bunalun Organic Cooking Crushed Tomato Passata 680g (3.7%) [Tomatoes*, Sea Salt, *Organic Origin], Garlic (0.67%), Organico Extra Virgin Olive Oil 1 Litre (0.37%) [Extra Virgin Olive Oil*, *from Organic Agriculture], Dried oregano (0.2%), Dried rosemary (0.1%), Dried thyme (0.1%), Black pepper (0.09%)