

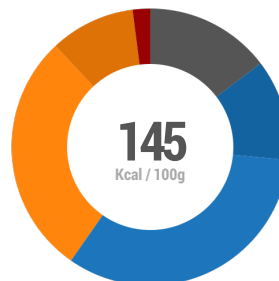
# Cacao & Raspberry Overnight Oats

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 3140470



WEIGHT:

- 45% Carbs**
- 14.7% Protein**
- 38.3% Fat**
- 2% Alcohol**

Food Labelling...

## EU Label values per 100g

Serves **2**

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(Kj)	<b>646</b> kJ	8%	<b>1266</b> kJ	15%
Energy(Kcal)	<b>154</b> kcal	8%	<b>303</b> kcal	15%
Fat	<b>6.2</b> g	9%	<b>12</b> g	17%
of which saturates	<b>1.6</b> g	8%	<b>3.1</b> g	16%
Carbohydrate	<b>16</b> g	6%	<b>32</b> g	12%
of which sugars	<b>4.3</b> g	5%	<b>8.4</b> g	9%
Fibre	<b>4</b> g	16%	<b>7.9</b> g	32%
Protein	<b>5.5</b> g	11%	<b>11</b> g	22%
Salt	<b>0.07</b> g	1%	<b>0.13</b> g	2%

CONTAINS:



## Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat <b>8% RI</b>	Vitamin A (ret eq) 0% RI
Energy(Kj) 7% RI	Monounsaturated fat 8% RI	Retinol
<b>145kcal</b>	<i>cis-Mono</i>	Carotene
<b>607kJ</b>	Polyunsaturated fat 10% RI	Vitamin D 7% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 26% RI	Vitamin E 11% RI
Carbohydrate 6% RI	<i>Omega6(n-6)</i> 6% RI	Vitamin K 1 0% RI
Protein 11% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 20% RI
Fat <b>9% RI</b>	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 7% RI
Water	Cholesterol	Niacin total (B <sub>3</sub> ) 6% RI
Water from Drinks	<b>Minerals &amp; trace elements</b>	Niacin 2% RI
Alcohol (0.5% ABV)	Sodium <b>1% RI</b>	Tryptophan
<b>0.42g</b>	Potassium 8% RI	Pantothenic Acid (B <sub>5</sub> ) 4% RI
<b>Carbohydrate</b>	Chloride 7% RI	Vitamin B <sub>6</sub> 7% RI
Starch	Calcium 14% RI	Folates (B <sub>9</sub> ) Total 10% RI
Oligosaccharide	Phosphorus 16% RI	Vitamin B <sub>12</sub> 3% RI
Fibre 16% RI	Magnesium 11% RI	Biotin (B <sub>7</sub> ) 12% RI
NSP	Iron 9% RI	Vitamin C 4% RI
Sugars <b>5% RI</b>	Zinc 8% RI	
Glucose	Copper 19% RI	
Galactose		
Fructose		

Sucrose  
Maltose  
Lactose

0.22g Manganese 51% RI  
0g Selenium 3% RI  
0g Iodine 0% RI

1mg  
1.6ug  
0.52ug


Other

GI (estimated) 47  
GL 7.6  
Caffeine -

Recipe Ingredients ...	Quantity:	Description:
Oat flakes, rolled	70g	7x tablespoon
Cacao Powder	5g	1x teaspoon
Glenisk Bio Live Organic Yogurt Natural 4 x 125g (500g)	115g	0.9x Per pack
Chia seeds	5g	0.5x tablespoon
Flax Seed (milled or whole)	5g	1.3x teaspoon (whole)
Honey, raw	5g	0.3x Average Portion
Avonmore Low Fat Super Milk 1 Litre	70ml	0.7x per 100ml Whole Milk
Water, tap, drinking	50g	0.1x litre
Raspberries, frozen	50g	
Vanilla extract, in alcohol	5g	
Hazelnuts, kernel only	12g	1.2x 10 hazelnuts

Portions / Pack Sizes ...

1 Serving



196g / 302kcal

Ingredient List (QUID) ...

Glenisk Bio Live Organic Yogurt Natural 4 x 125g (500g) (29.3%) [Organic Whole **Milk**, Organic Skimmed **Milk** Powder, Cultures (Streptococcus Thermophilus, Lactobacillus Casei)], Avonmore Low Fat Super **Milk** 1 Litre (17.9%) [1% Fat **Milk**, Calcium Gluconate, Vitamin D3, Vitamin E, Riboflavin (B2), Folic Acid], **Oats** (17.9%) (**Gluten**), Raspberries (12.8%), Water (12.8%), **Hazelnuts** (3.1%) (**Tree nuts**), Vanilla extract (1.3%), Chia seeds (1.3%), Cacao Powder (1.3%), Honey (1.3%), Flaxseed (1.3%)