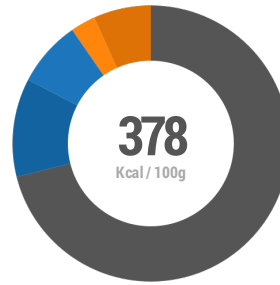


Matcha Boost

By Alicja Domelid

Overview ...

U / 1329102



WEIGHT:
19.3% Carbs
71.1% Protein
9.6% Fat

Food Labelling...

Label values per 100

Serves:

	PER 100G	%RI
Energy kcal	387 kcal	19%
Energy kJ	1637 kJ	19%
Fat	4 g	6%
of which saturates	2.8 g	14%
Carbohydrate	17.5 g	7%
of which sugars	10.9 g	12%
Fibre	5.8 g	23%
Protein	67 g	135%
Salt	2.3 g	38%

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 19% RI	Saturated Fat 14% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 19% RI	Monounsaturated fat 0% RI	Retinol
378kcal	<i>cis-Mono</i>	140µg
1597kJ	Polyunsaturated fat 1% RI	Carotene
Macronutrients	<i>Omega3(n-3)</i> 0% RI	Vitamin D 6% RI
Carbohydrate 7% RI	<i>Omega6(n-6)</i> 0% RI	Vitamin E 0% RI
Protein 134% RI	<i>cis-Poly</i>	Vitamin K ₁ 0% RI
Fat 6% RI	Trans-fatty acids	Thiamin (B ₁) 1% RI
4g	Cholesterol	0.01mg
Water	Minerals & trace elements	Riboflavin (B ₂) 1% RI
Water from Drinks	Sodium 37% RI	0.02mg
Alcohol	Potassium 1% RI	Niacin total (B ₃) 0% RI
Carbohydrate	Chloride 174% RI	Niacin
Starch	Calcium 4% RI	Tryptophan
Oligosaccharide	Phosphorus 3% RI	Pantothenic Acid (B ₅) 0% RI
Fibre 23% RI	Magnesium 1% RI	Vitamin B ₆ 0% RI
NSP	Iron 537% RI	Folic Acid (B ₉) 0% RI
Sugars 12% RI	Zinc 72% RI	0.63µg
Free Sugars	Copper 16% RI	Vitamin B ₁₂ 3% RI
Glucose	Manganese 97% RI	0.06µg
Galactose	Selenium 0% RI	Biotin (B ₇) 0% RI
Fructose	Iodine 0% RI	Vitamin C 19% RI
Sucrose		15.1mg
Maltose		Other
Lactose		GI (estimated)
		GL
		PRAL
		Caffeine
		10.5
		1.8
		166mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
Organic Whey 80	325g		0.00
Organic Matcha Tsuki	25g		0.00
Lucuma powder or flour	25g	2.5x serving (2 teaspoons)	0.00
Rhubarb fiber powder	25g		0.00

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

Portion Sizes ...	Quantity:	Kcal:	Cost RRP:	Sale Price
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Ingredient List (QUID) ...

Organic Whey 80 (81.3%), Rhubarb fiber powder (6.3%), Organic Matcha Tsuki (6.3%), Lucuma powder or flour (6.3%)