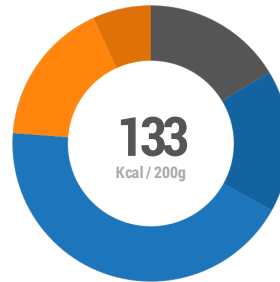
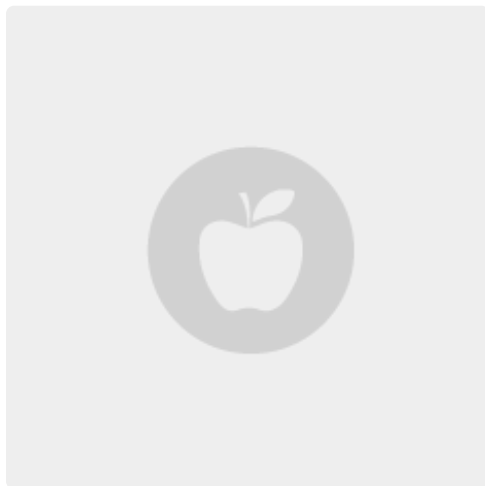


Lentil Shepherds Pie

By Jo Saunders

Overview ...

U / 2371989



WEIGHT:

59.8% Carbs

16.4% Protein






23.8% Fat

Food Labelling...

EU Label values per 200g

Serves **1**

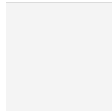
	PER 200G	%RI	PER 1.67KG SERVING	%RI
Energy(Kj)	603 kJ	7%	5038 kJ	60%
Energy(Kcal)	144 kcal	7%	1198 kcal	60%
Fat	3.5 g	5%	29 g	41%
<i>of which saturates</i>	1 g	5%	8.4 g	42%
Carbohydrate	20 g	8%	168 g	65%
<i>of which sugars</i>	5.5 g	6%	46 g	51%
Fibre	4.5 g	18%	37 g	148%
Protein	5.4 g	11%	45 g	90%
Salt	0.63 g	11%	5.2 g	87%

CONTAINS:	
 CELERY	
MAY CONTAIN:	
 GLUTEN	 MILK
OTHER PROPERTIES:	
 VEGAN	 GLUTEN FREE

Nutrient Breakdown per 200g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 7% RI	Saturated Fat 5% RI	Vitamin A (ret eq) 43% RI
Energy(Kj) 7% RI	Monounsaturated fat 2% RI	Retinol
133kcal	cis-Mono	Carotene
561kJ	Polyunsaturated fat 10% RI	Vitamin D
Macronutrients	Omega3(n-3) 0% RI	Vitamin E 6% RI
Carbohydrate 8% RI	Omega6(n-6) 0% RI	Vitamin K ₁ 2% RI
Protein 11% RI	cis-Poly	Thiamin (B ₁) 23% RI
Fat 5% RI	Trans-fatty acids	Riboflavin (B ₂) 5% RI
Water	Cholesterol	Niacin total (B ₃) 12% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 10% RI	Tryptophan
Carbohydrate	Potassium 28% RI	Pantothenic Acid (B ₅) 10% RI
Starch	Chloride 43% RI	Vitamin B ₆ 20% RI
Oligosaccharide	Calcium 5% RI	Folic Acid (B ₉) 23% RI
Fibre 18% RI	Phosphorus 15% RI	Vitamin B ₁₂ 12% RI
NSP	Magnesium 8% RI	Biotin (B ₇) 2% RI
Sugars 6% RI	Iron 12% RI	Vitamin C 33% RI
Glucose	Zinc 7% RI	Other
Galactose	Copper 20% RI	GI (estimated)
Fructose	Manganese 19% RI	GL
Sucrose	Selenium 21% RI	Caffeine
Maltose	Iodine 2% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Potatoes, mashed with added fat	400g	
Bone broth or stock, chicken, homemade, bones removed	350g	1.4x cup
Merchant Gourmet Puy Lentils	200g	1x Cup
Onions, red, raw	151g	1x medium onion
Carrots, old, raw	100g	3.3x baby carrot
Parsnip, raw	100g	1.3x Small Portion
Celery, raw	100g	3.3x 1/2 stick
Peppers, capsicum, red, raw	100g	5x Average Portion
Sweet potato, raw, flesh only	100g	0.7x small 5
Tomato puree	51g	1x tablespoon
Worcestershire sauce	18g	1x tablespoon



1 Serving

1.67kg

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