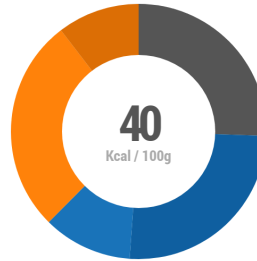


# Smoothie Good Guts

By Joanne Meadows

OVERVIEW ...

U / 15330740



CALORIES:

**36.9% Carbs**

**25.5% Protein**

**37.6% Fat**

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 346G SERVING	%RI
Energy(Kj)	<b>195</b> kJ	2%	<b>676</b> kJ	8%
Energy(kcal)	<b>47</b> kcal	2%	<b>162</b> kcal	8%
Fat	<b>1.7</b> g	2%	<b>5.8</b> g	8%
<i>of which saturates</i>	<b>0.5</b> g	3%	<b>1.6</b> g	8%
Carbohydrate	<b>3.8</b> g	1%	<b>13</b> g	5%
<i>of which sugars</i>	<b>2.6</b> g	3%	<b>8.9</b> g	10%
Fibre	<b>2.5</b> g	10%	<b>8.5</b> g	34%
Protein	<b>2.6</b> g	5%	<b>8.9</b> g	18%
Salt	<b>0.02</b> g	0%	<b>0.08</b> g	1%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 2% RI Energy(kj) 2% RI	Saturated Fat <b>2% RI</b> Monounsaturated fat 1% RI <i>cis-Mono</i> Polyunsaturated fat 7% RI <i>Omega3(n-3)</i> 19% RI <i>Omega6(n-6)</i> 3% RI <i>cis-Poly</i> Trans-fatty acids Cholesterol	Vitamin A (ret eq) 0% RI <i>Retinol</i> <i>Carotene</i> Vitamin D 10% RI Vitamin E 2% RI Vitamin K <sub>1</sub> 1% RI Thiamin (B <sub>1</sub> ) 5% RI Riboflavin (B <sub>2</sub> ) 10% RI Niacin total (B <sub>3</sub> ) 5% RI <i>Niacin</i> 1% RI <i>Tryptophan</i> Pantothenic Acid (B <sub>5</sub> ) 3% RI Vitamin B <sub>6</sub> 3% RI Folates (B <sub>9</sub> ) Total 8% RI Vitamin B <sub>12</sub> 11% RI Biotin (B <sub>7</sub> ) 2% RI Vitamin C 15% RI
<b>40kcal</b> <b>169kJ</b>	<b>0.4653g</b> <b>0.3154g</b> - <b>1.1g</b> <b>0.4103g</b> <b>0.4862g</b> - <b>0.0155g</b> <b>1.7mg</b>	<b>3.8ug</b> <b>3.4ug</b> <b>1.9ug</b> <b>0.4919ug</b> <b>0.2489mg</b> <b>0.7435ug</b> <b>0.0594mg</b> <b>0.1403mg</b> <b>0.8345mg</b> <b>0.2315mg</b> <b>26.7mg</b> <b>0.1725mg</b> <b>0.0437mg</b> <b>16.1ug</b> <b>0.2778ug</b> <b>1.1ug</b> <b>11.8mg</b>
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 1% RI Protein 5% RI Fat <b>2% RI</b> Water <i>Water from Drinks</i> Alcohol (0% ABV)	Sodium <b>0% RI</b> Potassium 6% RI Chloride 3% RI Calcium 11% RI Phosphorus 9% RI Magnesium 5% RI Iron 5% RI Zinc 4% RI Copper 7% RI Manganese 16% RI	
<b>3.7g</b> <b>2.6g</b> <b>1.7g</b> <b>89g</b> <b>0g</b> <b>0g</b>	<b>8.7mg</b> <b>126mg</b> <b>21.2mg</b> <b>87mg</b> <b>60mg</b> <b>19.7mg</b> <b>0.6533mg</b> <b>0.3612mg</b> <b>0.0727mg</b> <b>0.3225mg</b>	
CARBOHYDRATE		
Starch Oligosaccharide Fibre <b>10% RI</b> NSP Sugars <b>3% RI</b> <i>Glucose</i> <i>Galactose</i> <i>Fructose</i>		
<b>0.1337g</b> <b>0.1302g</b> <b>2.5g</b> <b>1.1g</b> <b>2.6g</b> <b>0.8767g</b> <b>0.0579g</b> <b>1g</b>		

Sucrose  
Maltose  
Lactose

0.1997g  
trace  
0.4138g

Selenium 5% RI  
Iodine 5% RI

3ug  
6.9ug

GI (estimated)  
GL  
Caffeine

28.9  
1  
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Milk, soya, non-dairy alternative to milk, unsweetened, fortified..  
UNSWEETENED SOYA MILK

GBB23

150g

5 x In tea/coffee

unchanged

Kefir..  
KEFIR

N

50g

3 ½ x Prepacked portion/1 tables

N/A

Chia seeds..  
CHIA SEEDS

N

6.6g

2 x teaspoon

unchanged

Strawberries, frozen..  
STRAWBERRIES

GBSP21

70g

6 ¾ x strawberry

unchanged

Blueberries, frozen..  
BLUEBERRIES

N

40g

0.26 x 1 cup, unthawed

unchanged

Raspberries, frozen..  
RASPBERRIES

GBSP21

29g

7 ¼ x raspberry

unchanged

PORTIONS / PACK SIZES ...

1 Serving



346g / 162kcal

COOKING INSTRUCTIONS & NOTES

PREPARATION

Smoothie - raw and frozen blended ingredients