

Mixed Roast Vegetables With Tomato Relish And Avocado

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INGREDIENTS

Capsicum,red,fresh,roasted,no added fat	154g
Carrot,baby,fresh,unpeeled,baked,no added fat	174g
Sweet potato,orange,plain,unpeeled,fresh,roasted,no added fat	808g
Zucchini,green,fresh,unpeeled,roasted,no added fat	463g
Eggplant,unpeeled,fresh,roasted,no added fat	365g
Oil,olive,regular	22g
Baby spinach,raw	260g
Tomato Leek Garlic and Coriander Relish - No Added Salt or Sugar	13 Serve
Avocado,raw	260g
Lotus Savoury Yeast Flakes	13 tsp
Salt,sea	13 pinch

Makes 13 Serves (222g per serve)

ANALYSIS SUMMARY

	Quantity per Servin	Quantity per 100
Weight (g)	222.24g	100.00g
Energy (kJ)	670.73kJ	301.80kJ
Protein (g)	5.31g	2.39g
Total fat (g)	7.11g	3.20g
- Saturated fat (g)	1.33g	0.60g
- Trans Fatty Acids (g)	0.00g	0.00g
- Polyunsaturated fat (g)	0.78g	0.35g
- Monounsaturated fat (g)	4.19g	1.89g
Cholesterol (mg)	0.00mg	0.00mg
Carbohydrate (g)	15.22g	6.85g
Sugars (g)	8.32g	3.74g
Starch (g)	6.90g	3.11g
Water (g)	182.33g	82.04g
Alcohol (g)	0.00g	0.00g
Dietary fibre (g)	7.35g	3.31g
Ash (g)	2.41g	1.08g
Thiamin (mg)	0.11mg	0.05mg
Riboflavin (mg)	0.16mg	0.07mg

	Quantity per Servin	Quantity per 100
Niacin (mg)	3.16mg	1.42mg
Niacin equivalents (mg)	4.30mg	1.93mg
Vitamin C (mg)	61.02mg	27.46mg
Vitamin E (mg)	3.67mg	1.65mg
Tocopherol, alpha (mg)	3.58mg	1.61mg
Vitamin B6 (by analysis) (mg)	0.82mg	0.37mg
Vitamin B12 (µg)	0.00µg	0.00µg
Total folate (µg)	224.06µg	100.82µg
Folic acid (µg)	0.00µg	0.00µg
Folate food (µg)	224.06µg	100.82µg
Folate, total DFE (µg)	224.06µg	100.82µg
Total vitamin A equivalents (µg)	1140.58µg	513.21µg
Retinol (µg)	0.00µg	0.00µg
Beta carotene equivalents (µg)	6842.72µg	3078.95µg
Beta carotene (µg)	6185.62µg	2783.28µg
Sodium (mg)	178.36mg	80.26mg
Potassium (mg)	735.54mg	330.96mg
Magnesium (mg)	49.81mg	22.41mg
Calcium (mg)	65.16mg	29.32mg
Phosphorus (mg)	119.72mg	53.87mg
Iron (mg)	1.99mg	0.90mg
Zinc (mg)	1.65mg	0.74mg
Selenium (µg)	1.65µg	0.74µg
Iodine (µg)	3.59µg	1.62µg
KJ from protein (%)	13.45%	13.45%
KJ from fat (%)	39.24%	39.24%
KJ from saturated fat (%)	7.36%	7.36%
KJ from trans fat (%)	0.00%	0.00%
KJ from carbohydrate (%)	37.34%	37.34%
KJ from alcohol (%)	0.00%	0.00%
KJ from fibre (%)	8.77%	8.77%
KJ from others (%)	1.20%	1.20%
Fat as mono (%)	66.52%	66.52%
Fat as poly (%)	12.34%	12.34%
Fat as saturated (%)	21.15%	21.15%
Very long chain N3 fatty acids (g)	0.00g	0.00g
F18D2CN6 linoleic (g)	0.73g	0.33g
F18D3N3 alpha-linolenic (ALA) (g)	0.05g	0.02g
F20D5N3 eicosapentaenoic (EPA) (g)	0.00g	0.00g
F22D5N3 docosapentaenoic (DPA) (g)	0.00g	0.00g
F22D6N3 docosahexaenoic (DHA) (g)	0.00g	0.00g

	Quantity per Servin	Quantity per 100
Tryptophan (g)	0.07g	0.03g
GRAINS (serve)	0.00serve	0.00serve
- Refined (serve)	0.00serve	0.00serve
- Wholegrains (serve)	0.00serve	0.00serve
· Wholegrains percent (%)	0.00%	0.00%
FRUIT (serve)	0.00serve	0.00serve
- Citrus, melons & berries (serve)	0.00serve	0.00serve
- Other fruit (serve)	0.00serve	0.00serve
- Fruit juice (serve)	0.00serve	0.00serve
· Fruit juice percent (%)	0.00%	0.00%
VEGETABLES (serve)	3.00serve	1.35serve
- Dark green vegetables (serve)	0.21serve	0.10serve
- Red & orange vegetables (serve)	1.83serve	0.83serve
- Tomatoes (serve)	0.10serve	0.05serve
- Other red & orange vegetables (serve)	1.73serve	0.78serve
- Starchy vegetables (serve)	0.00serve	0.00serve
- Potatoes (serve)	0.00serve	0.00serve
- Other starchy vegetables (serve)	0.00serve	0.00serve
· Starchy vegetables percent (%)	0.00%	0.00%
- Legumes (serve)	0.00serve	0.00serve
- Other vegetables (serve)	0.95serve	0.43serve
PROTEIN FOODS (serve)	0.00serve	0.00serve
- Red meats (serve)	0.00serve	0.00serve
- Poultry (serve)	0.00serve	0.00serve
- Eggs (serve)	0.00serve	0.00serve
- Processed meats (serve)	0.00serve	0.00serve
- Organ meats (serve)	0.00serve	0.00serve
- Seafood high in LC N-3 (serve)	0.00serve	0.00serve
- Seafood low in LC N-3 (serve)	0.00serve	0.00serve
- Nuts & seeds (serve)	0.00serve	0.00serve
- Legumes (serve)	0.00serve	0.00serve
- Soy products (serve)	0.00serve	0.00serve
DAIRY (serve)	0.00serve	0.00serve
- Milk (serve)	0.00serve	0.00serve
- Cheese (serve)	0.00serve	0.00serve
- Yoghurt (serve)	0.00serve	0.00serve
- Milk alternatives (serve)	0.00serve	0.00serve
OIL EQUIVALENTS (tsp)	1.54tsp	0.69tsp
SOLID FAT EQUIVALENTS (tsp)	0.00tsp	0.00tsp
ADDED SUGARS (tsp)	0.00tsp	0.00tsp
· kJ from added sugars (kJ)	0.00kJ	0.00kJ

	Quantity per Servin	Quantity per 100
· kJ from added sugars percent (%)	0.00%	0.00%
ALCOHOLIC DRINKS (sd)	0.00sd	0.00sd
UNCLASSIFIED WEIGHT (g)	0.00g	0.00g
· Unclassified weight percent (%)	0.00%	0.00%
UNCLASSIFIED kJ (kJ)	0.00kJ	0.00kJ
· Unclassified kJ percent (%)	0.00%	0.00%
Caffeine (mg)	0.00mg	0.00mg