

Group Q.A.T. (Quality Aspect Taste) Healthy Eating workshop

Fruits chocolate (1 portions)

Energy	Fat	Saturates	Sugars	Salt
886 kcal	48 g	28 g	88 g	0.2 g
44%	68%	140%	98%	3%

Per 620g Portion

Storage info

Store in the refridgerator

Allergens

milk, soya

Use By

Eat within 2 days

Manufactured By

Cooked and ate!



Net weight 620g

Ingredients

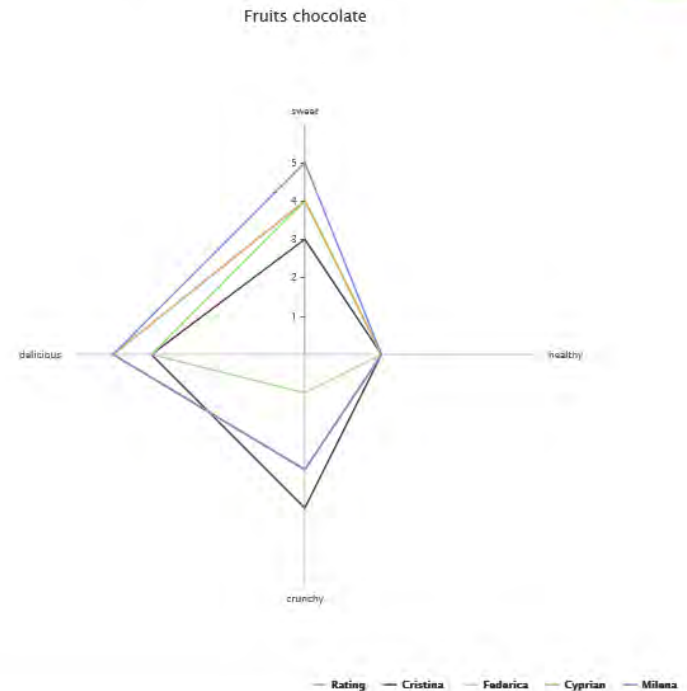
apple (41%), milk (24%), chocolate (16%), banana (16%), strawberries (1%)

	Per 100g	Per portion (620g)	RI
Energy	597 kJ	3702 kJ	44%
Energy	143 kcal	886 kcal	44%
Fat	7.7 g	48 g	68%
Saturates*	4.5 g	28 g	140%
Carbohydrate	16 g	97 g	42%
Sugars	14 g	88 g	98%
Protein	2.7 g	17 g	37%
Salt	0.0 g	0.2 g	3%

* Data for some ingredients is not available

Fruits chocolate

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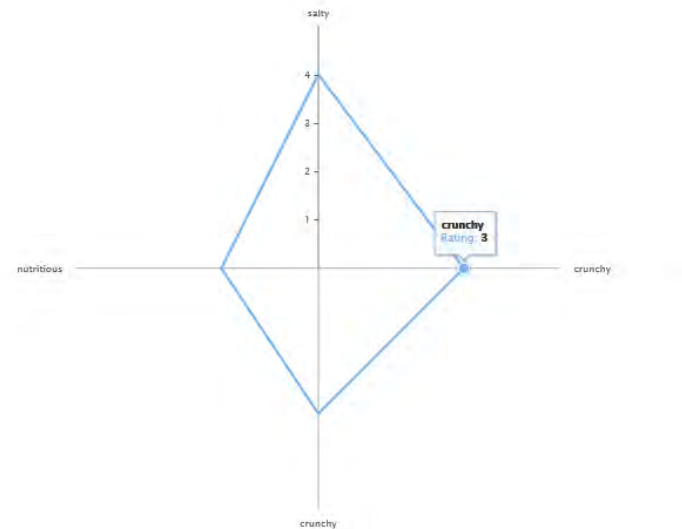
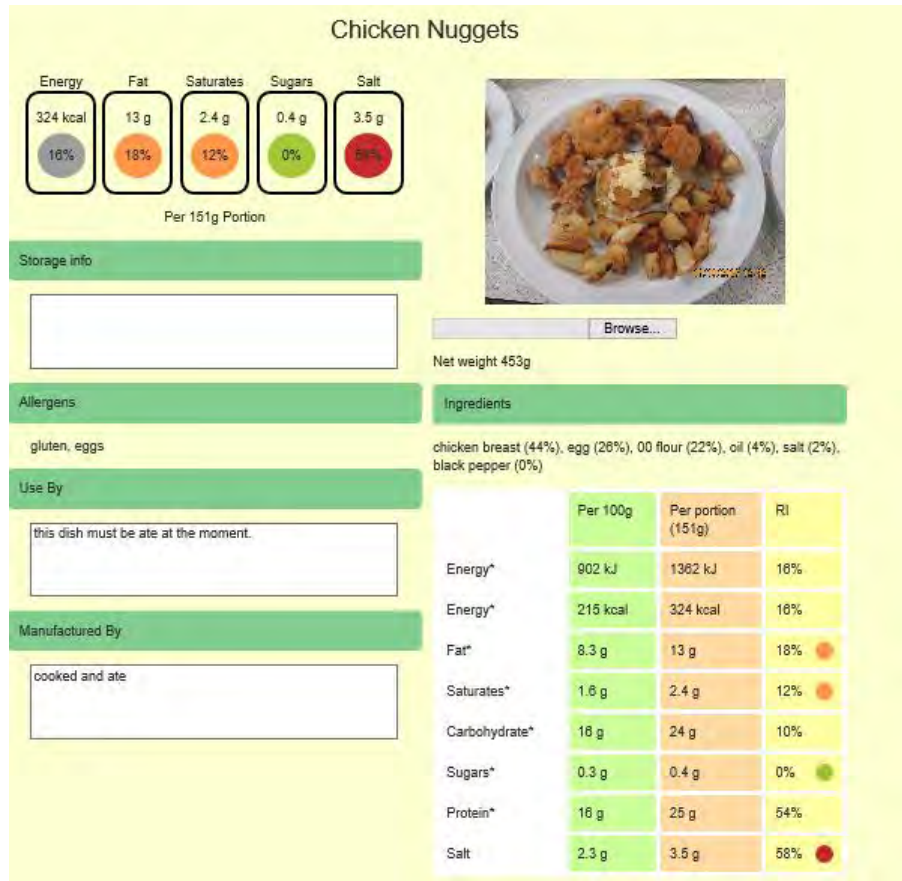


This dessert is rich of vitamins, in particular vitamin a, vitamin C, that helps the development and eyesight.

This dish has also fiber, for a healthy digestive system.

The diagram reveals that the freshness of fruit and the sweetness of chocolate match very well together.

Healthy Eating workshop



This dish is not very healthy, but it's prepared with fresh ingredients and it's fried with olive oil, that's healthier than others oil.

The diagram reveals that people that tasted our dish think it's very delicious, spicy and crounchy.