



## Recipe Catalog

New Fitatu

Values given for one portion

Energy value (kcal)	646
Proteins (g)	48.83
Animal (g)	n.d.
Plant (g)	0.11
Fats (g)	49.77
Saturated (g)	72.67
Monounsaturated (g)	25.31
Polyunsaturated (g)	54.15
Omega 3 fatty acid (g)	n.d.
Omega 6 fatty acid (g)	n.d.
Carbohydrates (g)	0.65
Net carbs (g)	0.38*
Sugars (g)	0.01
Fibre (g)	0.27
Salt (g)	0.75
Cholesterol (mg)	213.60
Caffeine (mg)	n.d.
Vitamins	
Vitamin A (µg)	40.99

Kcal **0**  
/2797 kcal

Prot. **0**  
/84-140 g

Fats **0**  
/78-93 g

Carbs **0**  
/315-489 g

# Recipe Nutritional Info

**Mark T. Keane, Nirmalie Wiratunga**



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