

OK FOODS

Unit 10, 21 Burrington Way
Plymouth, Devon. PL5 3LR

Typical Meal Combination 320g

Component	Beef 120g	Cauliflower 40g	Sweetcorn 80g	Potato 80g	Total
Calories	263	42	114	88	507
Protein	26.2	1.97	2.6	1.8	32.6
Carbohydrates	1	1.6	21.2	14	37.8
of which sugars	0.6	1.4	9.8	1.07	12.87
Fat	17.1	3.1	3.4	1.6	25.2
of which saturates	7.4	1.8	1.1	1	11.3
Cholesterol	0.08	0.01	0.01	0.01	0.11
Fibre	0.01	0.7	1.13	1	2.84
Sodium	0.32	0.02	0.2	0.03	0.57

Beef Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	912kj/219kcal
Protein	21.8g
Carbohydrates	0.85g
of which sugars	0.52g
Fat	14.23g
of which saturates	6.19g
Cholesterol	0.07g
Fibre	0.01g
Sodium	0.27g

Pork Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	821kj/196kcal
Protein	25.63g
Carbohydrates	1.18g
of which sugars	1.18g
Fat	9.84g
of which saturates	3.91g
Cholesterol	0.09g
Fibre	0.02g
Sodium	0.25g

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Lamb Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	756kj/181kcal
Protein	20.27g
Carbohydrates	1.77g
of which sugars	1.74g
Fat	10.31g
of which saturates	4.91g
Cholesterol	0.08g
Fibre	0.01g
Sodium	0.24g

Chicken Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	642kj/153kcal
Protein	23.6g
Carbohydrates	1.18g
of which sugars	1.16g
Fat	5.95g
of which saturates	2.95g
Cholesterol	0.08g
Fibre	0.02g
Sodium	0.24g

Fish Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	587kj/139kcal
Protein	20.43g
Carbohydrates	3.38g
of which sugars	2.19g
Fat	4.96g
of which saturates	2.95g
Cholesterol	0.04g
Fibre	0.03g
Sodium	0.27g

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Turkey Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	1188kj/172kcal
Protein	24.69g
Carbohydrates	1.29g
of which sugars	1.17g
Fat	7.62g
of which saturates	2.99g
Cholesterol	0.07g
Fibre	0.05g
Sodium	1.09g

Cauliflower Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	434kj/105kcal
Protein	4.93g
Carbohydrates	4.1g
of which sugars	3.58g
Fat	7.72g
of which saturates	4.5g
Cholesterol	0.02g
Fibre	1.83g
Sodium	0.04g

Mixed Vegetable Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	359kj/86.2kcal
Protein	2.35g
Carbohydrates	14.3g
of which sugars	4.53g
Fat	2.58g
of which saturates	1.32g
Cholesterol	0.01g
Fibre	2.4g
Sodium	0.06g

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Broccoli Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	430kj/104kcal
Protein	5.69g
Carbohydrates	2.92g
of which sugars	2.57g
Fat	7.72g
of which saturates	4.5g
Cholesterol	0.02g
Fibre	2.64g
Sodium	0.13g

Carrot Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	229kj/55.2kcal
Protein	1.04g
Carbohydrates	8.28g
of which sugars	7.79g
Fat	2.2g
of which saturates	1.3g
Cholesterol	0.01g
Fibre	2.41g
Sodium	0.06g

Pea Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	408kj/98kcal
Protein	7.04g
Carbohydrates	10.54g
of which sugars	1.69g
Fat	3.5g
of which saturates	1.5g
Cholesterol	0.01g
Fibre	4.41g
Sodium	0.03g

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Sweetcorn Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	595kj/142kcal
Protein	3.24g
Carbohydrates	26.5g
of which sugars	9.89g
Fat	4.2g
of which saturates	1.4g
Cholesterol	0.01g
Fibre	1.41g
Sodium	0.3g

Potato Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	389kj/110kcal
Protein	2.24g
Carbohydrates	17.64g
of which sugars	1.27g
Fat	2g
of which saturates	1.2g
Cholesterol	0.01g
Fibre	1.21g
Sodium	0.05g

Swede and Potato Timbale

Component	Typical Analysis (100g) All values taken from McCance and Widdowson
Calories	319kj/93kcal
Protein	1.85g
Carbohydrates	13.14g
of which sugars	2.55g
Fat	2.07g
of which saturates	1.2g
Cholesterol	0.01g
Fibre	1.41g
Sodium	0.04g