

ZEN bowls - Nutrition Information

Recipe Long Name	Per 100g						Per portion							
	Ptn size	Kcals	KJ	Kcals	KJ	RI	Total fat (g)	RI	Sat fat (g)	RI	Sugars (g)	RI	Salt (g)	RI
Coconut Broth	710	7	31	53	221	3%	0.5	1%	0.2	1%	9.2	10%	4.60	77%
Coconut Zen Bowl	1134	37	156	423	1775	21%	10.0	14%	5.8	29%	19.2	21%	4.68	78%
Thai Green Broth	526	21	89	112	469	6%	7.7	11%	1.2	6%	6.6	7%	4.12	69%
Green Zen Bowl	889	48	200	424	1781	21%	14.9	21%	2.6	13%	10.5	12%	4.20	70%
Fire Broth	492	27	115	134	563	7%	9.3	13%	1.0	5%	4.3	5%	3.12	52%
Fire Zen Bowl	957	59	249	568	2387	28%	21.3	30%	3.2	16%	20.4	23%	3.71	62%
Mediterranean Broth	639	24	99	151	633	8%	7.7	11%	2.3	11%	8.9	10%	0.61	10%