

Pear Mostarda

Recipe group	Additional name	Diet factors	Portions	Portion size
-			4	3.25 oz

	Capacity measure	Raw weight	Name of ingredient	Methods
1		0 lb 11.43 oz	Pears, canned, juice pack, solids and liquids <i>Drained weight, small dice</i>	Fold all ingredients together. Marinate for 24 hours.
	1 tbsp	0 lb 0.51 oz	Lemon juice, raw	
	1 ½ tbsp	0 lb 0.75 oz	Vinegar, cider	
	¾ tbsp	0 lb 0.29 oz	Spices, mustard seed, whole	
	pinch	0 lb 0.01 oz	Salt, kosher	

RECIPE IMAGES



ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	0 lb 13.00 oz	0 %	0 lb 13.00 oz	0 %	0 lb 13.00 oz
Size of portion	3.25 oz		3.25 oz		3.25 oz

NUTRITION INFORMATION

per portion							
Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	0.80 g	13.42 %	52.71 kcal	Salt	0.01 g	Vitamin A	0.04 µg
Saturated	0.04 g	0.70 %	220.56 kJ	Salt	0.01 %	Vitamin D	0.00 µg
Monounsaturated	0.46 g	7.80 %	0.22 MJ	Sodium	3.81 mg	Thiamine	0.03 mg
Polyunsaturated	0.22 g	3.71 %		Phosphorus	27.22 mg	Riboflavin	0.01 mg
Trans	0.00 g	0.00 %		Potassium	100.39 mg	Niacin	0.26 mg
Cholesterol	0.00 mg			Iron	0.44 mg	Vitamin B6	0.02 mg
Linolenic acid	0.14 g			Calcium	13.27 mg	Vitamin B12	0.00 µg
Alpha-linolenic acid	0.33 mg			Zinc	0.20 mg	Folic acid	0.00 µg
Carbohydrate	11.36 g	87.53 %		Magnesium	13.65 mg	Vitamin C	2.85 mg
Sugars	8.11 g	62.52 %		Iodine	0.00 µg	Vitamin E	0.17 mg
Sugar	0.00 g			Selenium	4.23 µg	Vitamin K	0.35 µg
Lactose	0.00 g			Copper	0.05 mg		
Fibre	1.55 g	5.64 %				Others	
Organic acids	0.00 g	0.00 %				Water	78.54 g
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %					
Protein	0.82 g	6.29 %					
Alcohol	0.00 g	0.00 %					