



**WE PREPARE,
WE DELIVER,
YOU ENJOY!**

Contact details: Unit 1709, Euro Business Park,
Little Island, Cork. E-mail: info@lifekitchen.ie

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Your weekly box of fresh and seasonal meals, carefully prepared from selected recipes. Choose your menu today, have it delivered and eat better

Healthy Chocolate Mousse



Description

A rich but light chocolate mousse made from the finest Belgian dark chocolate. Each 125g portion contains 30g of protein from Irish Dairy sources and is completely clean label with no additives, preservatives. Enjoy a treat without the guilt!

Instructions

Keep refrigerated.

Tear off the lid and enjoy!

Due to the fact it is 100% natural with no preservatives the shelf life is 14 days. The Product freezes very well and can be defrosted in a fridge or eat it as an icecream.

Our ingredient promise:

Life Kitchen only use the best quality ingredients from our approved suppliers.

All our suppliers and Producers are Irish and have The highest quality standards.

Nutritional & Health Claims

High in protein which is essential to maintain muscle function

High in natural antioxidants to boost immunity

Contains 5g of Branched Chain Amino Acids (BCAA) To aid recovery after exercise.

Gluten Free with no added refined Sugar.



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Full Nutritional Analysis

Food Labelling...

Database values, converted to labelling standards

Label values per 100g

	PER 100G		PER 126G SERVING	
Energy Kcal	205 kcal	10%	258 kcal	13%
Energy kJ	859 kJ	10%	1082 kJ	13%
Fat	7.8 g	11%	9.8 g	14%
of which saturates	3.5 g	18%	4.4 g	22%
Carbohydrate	11.6 g	4%	14.6 g	6%
of which sugars	10.1 g	11%	12.7 g	14%
Fibre	1.2 g	5%	1.5 g	6%
Protein	21 g	43%	27 g	54%
Salt	0.3 g	4%	0.3 g	6%

CONTAINS:



EGGS



MLK



18% Carbs
45% Protein
37% Fat

Nutrient Breakdown per 100g ...

Energy		Lipid Components		Vitamins	
Energy(Kcal) 10% RI	190	Saturated fat 18% RI	3.5g	Vitamin A (ret eq) 0% RI	0.3µg
Energy(KJ) 6% RI	544	Monounsaturated fat 7% RI	2.1g	Retinol	
Macronutrients		<i>cis-Mono</i>		Carotene	2.6µg
Carbohydrate 4% RI	11.4g	Polyunsaturated fat 1% RI	0.2g	Vitamin D 0% RI	
Protein 43% RI	21g	Omega 3(n-3) 0% RI		Vitamin E 1% RI	0.1mg
Fat 11% RI	7.8g	Omega 6(n-6) 0% RI		Vitamin K ₁ 1% RI	0.9µg
Water	46ml	<i>cis-Poly</i>		Thiamin (B ₁) 2% RI	
Water from Drinks		Trans-fatty acids		Riboflavin (B ₂) 16% RI	0.2mg
Alcohol		Cholesterol	0.5mg	Niacin total (B ₃) 8% RI	1.3mg
Carbohydrate		Minerals & trace elements		Niacin	
Starch	1.7g	Sodium 4% RI	106mg	Tryptophan (niacineq)	267mg
Oligosaccharide		Potassium 13% RI	261mg	Panlothenic Acid (B ₅) 4% RI	0.2mg
Fibre 5% RI	1.2g	Chloride 13% RI	106mg	Vitamin B ₆ 3% RI	
NSP	0.8g	Calcium 51% RI	408mg	Folic Acid (B ₉) 3% RI	6.5µg
Sugars 12% RI	10.4g	Phosphorus 45% RI	316mg	Vitamin B ₁₂ 5% RI	0.1µg
		Magnesium 12% RI	47mg		