



Tuna-rice-lupin grits and vegetables SALAD

✓ RECIPES :

Ingredients, %	Standard	PEPILUP 1300
Rice	30	15
PEPILUP 1300 Lupin grits	-	15
Tuna	23	23
Olive oil	9	9
Corn	8	8
Green peas	7	7
Carrot	6	6
Onions	5	5
Red pepper	5	5
Gherkin	3,5	3,5
Olive	2	2
Caper	1	1
Salt	0,5	0,5

Use PEPILUP 1300 in salads allows :

- To bring a nice colour and an original flavour : yellow pieces and hazelnuts flavour.
- To bring crunchiness
- To improve nutritional values : fibres & proteins enrichment

✓ PROCESS :

- Rice and lupin grits cooking : **20 minutes in boiling water**
- Mix rice, lupin grits and vegetables together, with olive oil and salt.

✓ Nutritional values, for 100g :

	Standard salad	PEPILUP salad
Proteins, g	6,7	8,8
Carbohydrates, g	11,5	7,9
Lipids, g	10,2	10,8
Fibres, g	3	4,8
Caloric value, kcal	165	164

Standard salad is source of proteins and fibres

Salad with PEPILUP 1300 is rich in proteins and source of fibres



For further information,

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