

# Nutrient & Ingredient Info

**Queal is a quick meal that helps you create more.**  
It's a modular meal that's made from the finest natural ingredients. Together they make for a nutritious meal that's not fast food, but fast & good.

Each meal = 1/3<sup>rd</sup> of your daily nutrition ▶▶

You make it by mixing Queal with water ◀◀

It's made with the following ingredients ▼▼

## Queal Standard Nutritional Information / Voedingswaarden

	100g	1 serving / portie
<b>Energy / Energie</b>	1665 kJ	2958,1 kJ
	394 kcal	700 kcal
<b>Fat / Vetten</b>	10,4 g	18,4 g
Saturated / Verzadigd	2,9 g	5,1 g
Monounsaturated / Enkelvoudig onverzadigd	3,8 g	6,7 g
Polyunsaturated / Meervoudig onverzadigd	3,5 g	6,2 g
<b>Carbohydrates / Koolhydraten</b>	44,3 g	78,7 g
Sugars / Suikers	4,7 g	8,3 g
<b>Protein / Eiwitten</b>	27,7 g	49,2 g
<b>Fibre / Vezels</b>	8,1 g	14,4 g
<b>Salt / Zout</b>	0,7 g	1,2 g

# Standard

# Lite

# Athletic

	100g	1 serving / portie	100g	1 serving / portie	100g	1 serving / portie
<b>Energy / Energie</b>	1665 kJ	2958,1 kJ	1651 kJ	2537 kJ	1699 kJ	3239,4 kJ
	394 kcal	700 kcal	391 kcal	600,8 kcal	402 kcal	766,4 kcal
<b>Fat / Vetten</b>	10,4 g	18,4 g	9,9 g	15,2 g	11,0 g	20,9 g
Saturated / Verzadigd	2,9 g	5,1 g	2,1 g	3,2 g	3,4 g	6,4 g
Monounsaturated / Enkelvoudig onverzadigd	3,8 g	6,7 g	3,6 g	5,5 g	4,1 g	7,8 g
Polyunsaturated / Meervoudig onverzadigd	3,5 g	6,2 g	4,1 g	6,3 g	3,4 g	6,4 g
<b>Carbohydrates / Koolhydraten</b>	44,3 g	78,7 g	45,3 g	69,6 g	41,3 g	78,7 g
Sugars / Suikers	4,7 g	8,3 g	4,5 g	6,9 g	4,5 g	8,5 g
<b>Protein / Eiwitten</b>	27,7 g	49,2 g	26,9 g	41,3 g	31,6 g	60,2 g
<b>Fibre / Vezels</b>	8,1 g	14,4 g	7,5 g	11,6 g	6,9 g	13,2 g
<b>Salt / Zout</b>	0,7 g	1,2 g	0,7 g	1,2 g	0,7 g	1,3 g

## Oat Flour

30% 35% 25%

Our stone ground Scottish oats form the basis for Queal. It's packed full of slow carbohydrates, proteins, fibres, and vitamins like B1, B6 and E.

## Maltodextrin

25% 25% 25%

Maltodextrin is a product from corn-starch and, like almost all other ingredients, is sourced within the EU. It provides you with fast carbohydrates.

## Whey Protein

25% 20% 30%

When you turn milk into cheese, 90% of the milk used be wasted. Now we use it to make whey protein (82% concentrate), one of the best protein sources.

## Soy Flour

10% 15% 10%

Soy Flour is a great source of high-quality protein, dietary fibre and important bio-active components like isoflavones. It's also our main source of iron, vitamin B12 and potassium.

## Palm- and Flaxseed-oil

4% 2% 5%

Here is where you get your Omega-3 & -6 fatty acids. We infuse oil into Queal via a micro-coating technique. This way your Queal will stay good for 12 months. The palmoil is sustainably sourced.

## Inuline

2% 0% 2%

Inulin is a soluble dietary fibre that is obtained from the chicory root. It's an excellent source of fibre.

## Vitamin- and Mineral-mix

<1% <1% <1%

We make a custom mix for each variation of Queal. This way you get at least 100% of the dietary reference intake (DRI) per day, or 33% per meal.

## Glucose Syrup

all other ingredients <1%

This is also made from corn and is very sweet. We use a little (<1%) to sweeten Queal.

## Potassium- and Sodium-Triphosphate

The activity of antioxidants increases. This also prevents the formation of clumps.

## Natural Aroma

Each flavour is made from natural aroma's. For instance to make Cool Chocolate we use cocoa.

## Xanthan Gum

A little bit of this increases the viscosity in Queal

## Calcium-Phosphate

This is what 70% of your bones are made from.

## Vitamin- and Mineral Mix per serving / Vitaminen- en Mineralen Mix per portie

Nutrient / Voedingsstof	%RDA*	Nutrient / Voedingsstof	%RDA*
Calcium	30%	Vitamine A	35%
Chloride	29%	Vitamine B6	32%
Chromium	35%	Vitamine B12	32%
Copper / Koper	40%	Vitamine C	35%
Iodine / Jodium	35%	Vitamine D	35%
Iron / IJzer	35%	Vitamine E	35%
Magnesium	44%	Vitamine K	35%
Manganese / Mangaan	87%	Thiamine	33%
Molybdenum	35%	Riboflavine	29%
Phosphorus / Fosfor	57%	Niacine	35%
Potassium / Kalium	34%	Folate / Folaat	35%
Selenium	35%	Pantothenic Acid / Pantotheenzuur	34%
Sodium / Natrium	27%	Biotine	35%
Sulfur / Zwavel	33%	Choline	35%
Zinc / Zink	35%		

\*based on a diet of 2000 kcal / \*gebaseerd op een dieet van 2000 kcal

## Sucralose

We forget about sugars and use sucralose to add some sweetness to Queal.

## Silicon Dioxide

Forget clumps in your Queal, this takes care of it.

## Allergens

**Soy, Gluten, Dairy**, may contain traces of **Egg**.

## Instructions for preparing one serving:



One bag of Queal contains 3 servings.

- 1 Fill a shaker with 350ml water.
  - 2 Add 1/3rd bag (5 scoops/178g) of Queal.
  - 3 Close the shaker and shake vigorously.
- Enjoy your quick meal!