

## Nutrition Information\*\*: Sticky, Honey Glazed Prawns with Griddled Asparagus and Courgette Ribbons

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	96.7	175.8	9 %	2000 kcal
Fat (g)	5.5	10.0	14 %	70 g
of which saturates (g)	0.8	1.5	7 %	20 g
of which monounsaturates (g)	3.7	6.7		
of which polyunsaturates (g)	0.6	1.1		
Carbohydrates (g)	3.5	6.4		
of which sugars (g)	3.4	6.3	7 %	90 g
of which starch (g)	0.1	0.1		
Fibre (g)	0.0	0.0		
Protein (g)	8.4	15.2		
Salt (g)	0.2	0.4	7 %	6 g

The above recipe contains: 4 servings

\*Reference intake of an average adult (2000kcal)

Each serving ( 182 g) contains:					KEY:
Energy 175.8 kcal 9 %	Fat 10.0 g 14 %	Saturates 1.5 g 7 %	Sugars 6.3 g 7 %	Salt 0.4 g 7 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 96.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	224.9	408.8
Calcium (mg)	35.6	64.7
Iron (mg)	0.9	1.6
Vit A (µg)	64.6	117.3
Vit D (µg)	0.0	0.0
Vit E (mg)	1.2	2.3
Vit K (µg)	18.8	34.2
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.5	1.0
Vit C (mg)	16.2	29.4
Folate (µg)	53.9	98.0

