

## Nutrition Information\*\*: Fig, Apple and Balsamic Chutney

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	101.8	47.1	2 %	2000 kcal
Fat (g)	0.9	0.4	1 %	70 g
of which saturates (g)	0.2	0.1	0 %	20 g
of which monounsaturates (g)	0.5	0.2		
of which polyunsaturates (g)	0.1	0.1		
Carbohydrates (g)	23.8	11.0		
of which sugars (g)	23.5	10.9	12 %	90 g
of which starch (g)	0.0	0.0		
Fibre (g)	0.8	0.4		
Protein (g)	0.8	0.4		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 45 servings

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

Each serving ( 46 g) contains:					KEY:
Energy 47.1 kcal 2 %	Fat 0.4 g 1 %	Saturates 0.1 g 0 %	Sugars 10.9 g 12 %	Salt 0.0 g 0 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 101.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	135.7	62.7
Calcium (mg)	31.7	14.6
Iron (mg)	0.5	0.2
Vit A (µg)	7.8	3.6
Vit D (µg)	0.0	0.0
Vit E (mg)	0.1	0.0
Vit K (µg)	1.7	0.8
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	2.5	1.1
Folate (µg)	2.0	0.9

