

Nutrition Information**: Hazelnut and white chocolate brownie squares

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	460.3	209.9	10 %	2000 kcal
Fat (g)	35.7	16.3	23 %	70 g
<i>of which saturates (g)</i>	18.4	8.4	42 %	20 g
<i>of which monounsaturates (g)</i>	13.0	5.9		
<i>of which polyunsaturates (g)</i>	1.9	0.9		
Carbohydrates (g)	27.6	12.6		
<i>of which sugars (g)</i>	19.4	8.8	10 %	90 g
<i>of which starch (g)</i>	8.2	3.8		
Fibre (g)	1.5	0.7		
Protein (g)	8.9	4.1		
Salt (g)	0.2	0.1	1 %	6 g

The above recipe contains: 25 servings

*Reference intake of an average adult (2000kcal)

Each serving (46 g) contains:					KEY:
Energy 209.9 kcal 10 %	Fat 16.3 g 23 %	Saturates 8.4 g 42 %	Sugars 8.8 g 10 %	Salt 0.1 g 1 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 460.3 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	388.2	177.0
Calcium (mg)	124.5	56.8
Iron (mg)	2.3	1.0
Vit A (µg)	251.2	114.5
Vit D (µg)	0.8	0.4
Vit E (mg)	3.4	1.6
Vit K (µg)	1.6	0.7
Vit B6 (mg)	0.2	0.1
Vit B12 (mg)	1.1	0.5
Vit C (mg)	0.0	0.0
Folate (µg)	24.0	11.0

