

Nutrition Information**: Slow Cooker Ragu

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	60.2	257.0	13 %	2000 kcal
Fat (g)	1.4	5.8	8 %	70 g
<i>of which saturates (g)</i>	0.6	2.7	13 %	20 g
<i>of which monounsaturates (g)</i>	0.6	2.6		
<i>of which polyunsaturates (g)</i>	0.1	0.4		
Carbohydrates (g)	2.9	12.5		
<i>of which sugars (g)</i>	2.4	10.4	12 %	90 g
<i>of which starch (g)</i>	0.0	0.2		
Fibre (g)	0.8	3.3		
Protein (g)	7.1	30.5		
Salt (g)	0.1	0.4	6 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving (427 g) contains:					KEY:
Energy 257.0 kcal 13 %	Fat 5.8 g 8 %	Saturates 2.7 g 13 %	Sugars 10.4 g 12 %	Salt 0.4 g 6 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 60.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	260.2	1111.1
Calcium (mg)	25.1	107.4
Iron (mg)	1.2	4.9
Vit A (µg)	126.3	539.1
Vit D (µg)	0.1	0.6
Vit E (mg)	0.6	2.5
Vit K (µg)	2.5	10.5
Vit B6 (mg)	0.2	0.8
Vit B12 (mg)	0.6	2.5
Vit C (mg)	5.0	21.4
Folate (µg)	13.9	59.5

