

Nutrition Information**: Slow Cooker Turkey, Squash and Prune Tagine

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	113.7	271.7	14 %	2000 kcal
Fat (g)	2.0	4.8	7 %	70 g
<i>of which saturates (g)</i>	0.4	0.9	4 %	20 g
<i>of which monounsaturates (g)</i>	0.9	2.2		
<i>of which polyunsaturates (g)</i>	0.4	1.0		
Carbohydrates (g)	12.1	28.9		
<i>of which sugars (g)</i>	6.9	16.5	18 %	90 g
<i>of which starch (g)</i>	4.9	11.7		
Fibre (g)	0.8	1.9		
Protein (g)	12.8	30.6		
Salt (g)	0.1	0.2	4 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving (239 g) contains:					KEY:
Energy 271.7 kcal 14 %	Fat 4.8 g 7 %	Saturates 0.9 g 4 %	Sugars 16.5 g 18 %	Salt 0.2 g 4 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 113.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	449.9	1075.4
Calcium (mg)	36.5	87.3
Iron (mg)	1.3	3.1
Vit A (µg)	192.6	460.3
Vit D (µg)	0.1	0.3
Vit E (mg)	1.0	2.4
Vit K (µg)	0.6	1.5
Vit B6 (mg)	0.3	0.7
Vit B12 (mg)	0.3	0.7
Vit C (mg)	7.2	17.3
Folate (µg)	14.1	33.6