

Nutrition Information**: Purple Sprouting broccoli, Pear and Mascarpone Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	37.7	88.0	4 %	2000 kcal
Fat (g)	1.8	4.3	6 %	70 g
of which saturates (g)	0.9	2.1	10 %	20 g
of which monounsaturates (g)	0.6	1.3		
of which polyunsaturates (g)	0.2	0.5		
Carbohydrates (g)	4.1	9.5		
of which sugars (g)	3.6	8.4	9 %	90 g
of which starch (g)	0.1	0.3		
Fibre (g)	1.2	2.9		
Protein (g)	1.5	3.5		
Salt (g)	0.0	0.0	1 %	6 g

The above recipe contains: 8 servings

*Reference intake of an average adult (2000kcal)

Each serving (234 g) contains:					KEY:
Energy 88.0 kcal 4 %	Fat 4.3 g 6 %	Saturates 2.1 g 10 %	Sugars 8.4 g 9 %	Salt 0.0 g 1 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 37.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	171.6	400.7
Calcium (mg)	53.8	125.7
Iron (mg)	0.8	1.8
Vit A (µg)	63.7	148.6
Vit D (µg)	0.0	0.0
Vit E (mg)	0.6	1.3
Vit K (µg)	20.7	48.3
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	27.9	65.1
Folate (µg)	44.4	103.6

