

Nutrition Information**: Rosemary, Pancetta and Sweet potato cakes

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	130.6	422.0	21 %	2000 kcal
Fat (g)	4.6	14.7	21 %	70 g
of which saturates (g)	1.3	4.1	20 %	20 g
of which monounsaturates (g)	2.2	7.1		
of which polyunsaturates (g)	0.7	2.2		
Carbohydrates (g)	18.9	61.1		
of which sugars (g)	1.9	6.2	7 %	90 g
of which starch (g)	16.4	53.1		
Fibre (g)	2.6	8.6		
Protein (g)	4.6	15.0		
Salt (g)	0.3	0.8	14 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving (323 g) contains:					KEY:
Energy 422.0 kcal 21 %	Fat 14.7 g 21 %	Saturates 4.1 g 20 %	Sugars 6.2 g 7 %	Salt 0.8 g 14 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 130.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	387.8	1252.6
Calcium (mg)	42.1	135.9
Iron (mg)	1.8	5.7
Vit A (µg)	47.5	153.6
Vit D (µg)	0.0	0.1
Vit E (mg)	0.3	1.1
Vit K (µg)	7.5	24.2
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	12.5	40.5
Folate (µg)	21.8	70.3

