

Nutrition Information**: Minted Lamb Pies with Horseradish Mashed Potato Topping

| By Debbie Gibson (RNutr, MSc) | **-PROPER-** Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	151.2	1128.1	56 %	2000 kcal
Fat (g)	7.7	57.4	82 %	70 g
<i>of which saturates (g)</i>	2.2	16.7	83 %	20 g
<i>of which monounsaturates (g)</i>	2.3	16.9		
<i>of which polyunsaturates (g)</i>	0.8	5.7		
Carbohydrates (g)	13.6	101.2		
<i>of which sugars (g)</i>	1.5	11.0	12 %	90 g
<i>of which starch (g)</i>	11.1	82.5		
Fibre (g)	1.4	10.3		
Protein (g)	7.5	55.8		
Salt (g)	0.4	2.8	47 %	6 g

The above recipe contains: 3 servings

*Reference intake of an average adult (2000kcal)

Each serving (746 g) contains:

Energy 1128.1 kcal 56 %	Each serving (746 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	57.4 g	16.7 g	11.0 g	2.8 g	MEDIUM
	82 %	83 %	12 %	47 %	HIGH

of an adults reference intake

Typical values per 100g: 151.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	148.7	1110.0
Calcium (mg)	26.8	200.1
Iron (mg)	0.4	3.2
Vit A (µg)	11.6	86.7
Vit D (µg)	0.0	0.0
Vit E (mg)	0.6	4.1
Vit K (µg)	0.4	3.2
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.0	0.1
Vit C (mg)	3.9	29.1
Folate (µg)	6.3	46.7