

Nutrition Information**: Spiced Cauliflower, Chickpea and Ginger Soup

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	32.9	131.9	7 %	2000 kcal
Fat (g)	0.9	3.8	5 %	70 g
of which saturates (g)	0.1	0.5	2 %	20 g
of which monounsaturates (g)	0.4	1.5		
of which polyunsaturates (g)	0.3	1.1		
Carbohydrates (g)	4.6	18.6		
of which sugars (g)	2.1	8.5	9 %	90 g
of which starch (g)	1.6	6.5		
Fibre (g)	0.9	3.7		
Protein (g)	1.8	7.4		
Salt (g)	0.0	0.1	1 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving (400 g) contains:					KEY:
Energy 131.9 kcal 7 %	Fat 3.8 g 5 %	Saturates 0.5 g 2 %	Sugars 8.5 g 9 %	Salt 0.1 g 1 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 32.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	133.7	535.2
Calcium (mg)	18.3	73.2
Iron (mg)	0.7	3.0
Vit A (µg)	6.8	27.1
Vit D (µg)	0.0	0.0
Vit E (mg)	0.2	1.0
Vit K (µg)	11.2	44.8
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	20.2	80.8
Folate (µg)	22.2	88.9

