

Nutrition Information**: Vita Coconut and Sultana Breakfast Loaf

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	279.5	219.8	11 %	2000 kcal
Fat (g)	9.7	7.6	11 %	70 g
<i>of which saturates (g)</i>	0.9	0.7	4 %	20 g
<i>of which monounsaturates (g)</i>	5.0	3.9		
<i>of which polyunsaturates (g)</i>	2.6	2.1		
Carbohydrates (g)	42.6	33.5		
<i>of which sugars (g)</i>	12.6	9.9	11 %	90 g
<i>of which starch (g)</i>	29.7	23.4		
Fibre (g)	1.7	1.3		
Protein (g)	8.0	6.3		
Salt (g)	0.4	0.3	5 %	6 g

The above recipe contains: 11 servings

*Reference intake of an average adult (2000kcal)

Each serving (79 g) contains:

Energy 219.8 kcal 11 %	Each serving (79 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	7.6 g	0.7 g	9.9 g	0.3 g	MEDIUM
	11 %	4 %	11 %	5 %	HIGH

of an adults reference intake

Typical values per 100g: 279.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	364.4	286.5
Calcium (mg)	152.5	119.9
Iron (mg)	1.9	1.5
Vit A (µg)	0.7	0.5
Vit D (µg)	0.1	0.1
Vit E (mg)	4.7	3.7
Vit K (µg)	0.3	0.3
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.0	0.0
Vit C (mg)	0.0	0.0
Folate (µg)	34.7	27.3

2HRs