

Nutrition Information**: Hot smoked salmon and mackerel fishcakes

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	178.7	637.9	32 %	2000 kcal
Fat (g)	10.3	36.8	53 %	70 g
<i>of which saturates (g)</i>	2.7	9.8	49 %	20 g
<i>of which monounsaturates (g)</i>	3.9	14.0		
<i>of which polyunsaturates (g)</i>	2.3	8.2		
Carbohydrates (g)	11.3	40.4		
<i>of which sugars (g)</i>	1.1	3.8	4 %	90 g
<i>of which starch (g)</i>	10.3	36.6		
Fibre (g)	0.9	3.1		
Protein (g)	10.9	38.9		
Salt (g)	0.8	2.9	49 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving (357 g) contains:

Energy 637.9 kcal 32 %	Fat	Saturates	Sugars	Salt	KEY:
	36.8 g	9.8 g	3.8 g	2.9 g	LOW
	53 %	49 %	4 %	49 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 178.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	315.7	1126.9
Calcium (mg)	35.5	126.6
Iron (mg)	0.8	2.8
Vit A (µg)	61.5	219.4
Vit D (µg)	3.7	13.3
Vit E (mg)	1.1	3.9
Vit K (µg)	4.4	15.6
Vit B6 (mg)	0.2	0.7
Vit B12 (mg)	2.8	10.1
Vit C (mg)	7.3	26.0
Folate (µg)	18.3	65.2

