

## Nutrition Information\*\*: Smokey Chilli Con Carne with Cannellini beans

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	75.1	302.3	15 %	2000 kcal
Fat (g)	2.3	9.2	13 %	70 g
of which saturates (g)	0.8	3.2	16 %	20 g
of which monounsaturates (g)	1.2	4.8		
of which polyunsaturates (g)	0.2	0.9		
Carbohydrates (g)	4.4	17.8		
of which sugars (g)	2.0	8.1	9 %	90 g
of which starch (g)	2.3	9.1		
Fibre (g)	0.7	2.9		
Protein (g)	8.4	33.6		
Salt (g)	0.1	0.5	9 %	6 g

The above recipe contains: 4 servings

\*Reference intake of an average adult (2000kcal)

Each serving ( 403 g) contains:					KEY:
Energy 302.3 kcal 15 %	Fat 9.2 g	Saturates 3.2 g	Sugars 8.1 g	Salt 0.5 g	LOW
	13 %	16 %	9 %	9 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 75.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	269.8	1086.7
Calcium (mg)	23.6	95.2
Iron (mg)	1.3	5.1
Vit A (µg)	58.9	237.1
Vit D (µg)	0.2	0.6
Vit E (mg)	0.6	2.3
Vit K (µg)	2.7	10.8
Vit B6 (mg)	0.2	0.9
Vit B12 (mg)	0.6	2.5
Vit C (mg)	12.8	51.6
Folate (µg)	14.3	57.7

