

## Nutrition Information\*\*: Fruity Porridge breakfast bowl with mint , cacao and honey

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	67.8	257.8	13 %	2000 kcal
Fat (g)	2.3	8.6	12 %	70 g
of which saturates (g)	0.3	1.3	7 %	20 g
of which monounsaturates (g)	0.4	1.6		
of which polyunsaturates (g)	0.7	2.7		
Carbohydrates (g)	10.6	40.2		
of which sugars (g)	5.3	20.2	22 %	90 g
of which starch (g)	5.8	22.1		
Fibre (g)	0.8	3.2		
Protein (g)	1.8	6.7		
Salt (g)	0.1	0.5	9 %	6 g

The above recipe contains: 1 servings

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

Each bowl of porridge ( 380 g) contains:

Energy 257.8 kcal 13 %	Fat	Saturates	Sugars	Salt	KEY:
	8.6 g	1.3 g	20.2 g	0.5 g	LOW
12 %	7 %	22 %	9 %	MEDIUM	
				HIGH	

of an adults reference intake

Typical values per 100g: 67.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	93.2	354.1
Calcium (mg)	15.4	58.4
Iron (mg)	0.8	3.2
Vit A (µg)	4.1	15.5
Vit D (µg)	0.0	0.0
Vit E (mg)	0.8	3.0
Vit K (µg)	0.8	2.9
Vit B6 (mg)	0.0	0.1
Vit B12 (mg)	0.0	0.1
Vit C (mg)	1.8	6.9
Folate (µg)	5.7	21.5

