

Nutrition Information**: Mustard and Tarragon Chicken Bliss Bowls

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	103.5	571.1	29 %	2000 kcal
Fat (g)	3.0	16.4	23 %	70 g
of which saturates (g)	0.5	2.9	15 %	20 g
of which monounsaturates (g)	1.8	9.7		
of which polyunsaturates (g)	0.4	2.2		
Carbohydrates (g)	6.7	37.1		
of which sugars (g)	3.4	18.8	21 %	90 g
of which starch (g)	2.9	16.0		
Fibre (g)	1.7	9.4		
Protein (g)	13.1	72.2		
Salt (g)	0.2	0.9	14 %	6 g

The above recipe contains: 1 servings

*Reference intake of an average adult (2000kcal)

Each chicken bowl (552 g) contains:

Energy 571.1 kcal 29 %	Fat	Saturates	Sugars	Salt	KEY:
	16.4 g	2.9 g	18.8 g	0.9 g	LOW
	23 %	15 %	21 %	14 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 103.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	385.2	2126.6
Calcium (mg)	52.0	287.2
Iron (mg)	1.2	6.4
Vit A (µg)	143.2	790.2
Vit D (µg)	0.1	0.6
Vit E (mg)	0.4	2.1
Vit K (µg)	58.8	324.8
Vit B6 (mg)	0.3	1.7
Vit B12 (mg)	0.0	0.0
Vit C (mg)	25.8	142.2
Folate (µg)	33.7	185.9

Time Taken
30 min
To Produce

Healthy Meal
Option

High In
Protein
Gluten

Free

Number Of
2
5-Per-Day

**Estimated nutritional information per muffin and per 100g. Information is calculated using McCance & Widdowson database and information on food packaging