

## Nutrition Information\*\*: Two cheese and pumpkin dip

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	129.4	171.1	9 %	2000 kcal
Fat (g)	9.1	12.1	17 %	70 g
of which saturates (g)	5.8	7.6	38 %	20 g
of which monounsaturates (g)	2.3	3.0		
of which polyunsaturates (g)	0.3	0.4		
Carbohydrates (g)	8.0	10.6		
of which sugars (g)	3.0	4.0	4 %	90 g
of which starch (g)	5.1	6.7		
Fibre (g)	0.3	0.4		
Protein (g)	4.8	6.3		
Salt (g)	0.3	0.4	7 %	6 g

The above recipe contains: 6 servings

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

Each serving( 132 g) contains:

Energy 171.1 kcal 9 %	Fat	Saturates	Sugars	Salt	KEY:
	12.1 g	7.6 g	4.0 g	0.4 g	LOW
	17 %	38 %	4 %	7 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 129.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	121.3	160.4
Calcium (mg)	130.0	171.9
Iron (mg)	0.2	0.2
Vit A (µg)	153.2	202.5
Vit D (µg)	0.1	0.1
Vit E (mg)	0.5	0.7
Vit K (µg)	1.3	1.7
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.7	0.9
Vit C (mg)	2.9	3.8
Folate (µg)	11.1	14.6



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