

Nutrition Information**: Rice Pudding with cherry Sauce

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	120.7	435.0	22 %	2000 kcal
Fat (g)	2.7	9.9	14 %	70 g
of which saturates (g)	1.0	3.6	18 %	20 g
of which monounsaturates (g)	1.2	4.3		
of which polyunsaturates (g)	0.3	1.1		
Carbohydrates (g)	22.3	80.5		
of which sugars (g)	7.5	26.9	30 %	90 g
of which starch (g)	14.9	53.6		
Fibre (g)	0.2	0.7		
Protein (g)	2.8	10.2		
Salt (g)	0.2	0.6	11 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(361 g) contains:

KEY:

Energy 435.0 kcal 22 %	Fat 9.9 g 14 %	Saturates 3.6 g 18 %	Sugars 26.9 g 30 %	Salt 0.6 g 11 %	LOW MEDIUM HIGH
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of an adults reference intake

Typical values per 100g: 120.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	119.9	432.3
Calcium (mg)	53.6	193.3
Iron (mg)	0.1	0.5
Vit A (µg)	15.0	54.3
Vit D (µg)	0.0	0.0
Vit E (mg)	0.5	1.9
Vit K (µg)	0.2	0.8
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.3	1.2
Vit C (mg)	2.3	8.3
Folate (µg)	7.2	25.9



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