

Nutrition Information**: Pumpkin and Date Muffins

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	284.5	244.6	12 %	2000 kcal
Fat (g)	11.2	9.6	14 %	70 g
of which saturates (g)	6.4	5.5	28 %	20 g
of which monounsaturates (g)	2.9	2.5		
of which polyunsaturates (g)	0.7	0.6		
Carbohydrates (g)	44.2	38.0		
of which sugars (g)	23.0	19.8	22 %	90 g
of which starch (g)	21.1	18.2		
Fibre (g)	1.6	1.4		
Protein (g)	3.9	3.4		
Salt (g)	0.3	0.2	4 %	6 g

The above recipe contains: 15 servings

*Reference intake of an average adult (2000kcal)

Each muffin (86 g) contains:

KEY:

Energy 244.6 kcal 12 %	Fat 9.6 g 14 %	Saturates 5.5 g 28 %	Sugars 19.8 g 22 %	Salt 0.2 g 4 %	LOW MEDIUM HIGH
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of an adults reference intake

Typical values per 100g: 284.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	189.3	162.7
Calcium (mg)	80.2	68.9
Iron (mg)	1.3	1.1
Vit A (µg)	149.8	128.7
Vit D (µg)	0.3	0.2
Vit E (mg)	0.7	0.6
Vit K (µg)	0.9	0.7
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.2	0.2
Vit C (mg)	3.6	3.1
Folate (µg)	12.2	10.5



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