

Nutrition Information**: Pumpkin guacamole dip

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	118.2	99.5	5 %	2000 kcal
Fat (g)	11.7	9.8	14 %	70 g
of which saturates (g)	2.5	2.1	10 %	20 g
of which monounsaturates (g)	7.2	6.1		
of which polyunsaturates (g)	1.3	1.1		
Carbohydrates (g)	2.0	1.7		
of which sugars (g)	1.0	0.8	1 %	90 g
of which starch (g)	0.1	0.1		
Fibre (g)	0.1	0.1		
Protein (g)	1.4	1.2		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

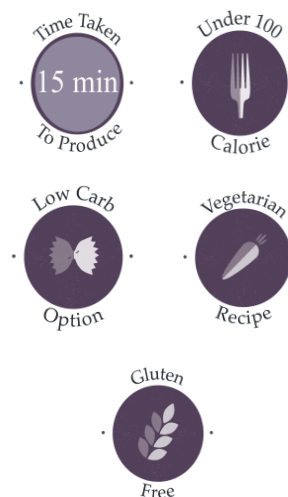
Each serving(84 g) contains:

Energy 99.5 kcal 5 %	Each serving(84 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	9.8 g	2.1 g	0.8 g	0.0 g	MEDIUM
	14 %	10 %	1 %	0 %	HIGH

of an adults reference intake

Typical values per 100g: 118.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	331.1	278.7
Calcium (mg)	18.8	15.9
Iron (mg)	0.4	0.4
Vit A (µg)	47.9	40.3
Vit D (µg)	0.0	0.0
Vit E (mg)	2.3	2.0
Vit K (µg)	9.2	7.8
Vit B6 (mg)	0.2	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	10.3	8.7
Folate (µg)	11.8	10.0



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