

Nutrition Information**: Frangipane mince pies

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	450.8	252.8	13 %	2000 kcal
Fat (g)	30.2	16.9	24 %	70 g
<i>of which saturates (g)</i>	13.9	7.8	39 %	20 g
<i>of which monounsaturates (g)</i>	10.9	6.1		
<i>of which polyunsaturates (g)</i>	2.4	1.3		
Carbohydrates (g)	41.6	23.3		
<i>of which sugars (g)</i>	33.7	18.9	21 %	90 g
<i>of which starch (g)</i>	7.9	4.4		
Fibre (g)	0.4	0.2		
Protein (g)	5.9	3.3		
Salt (g)	0.1	0.1	1 %	6 g

The above recipe contains: 24 servings

*Reference intake of an average adult (2000kcal)

Each serving(56 g) contains:					KEY:
Energy 252.8 kcal 13 %	Fat 16.9 g 24 %	Saturates 7.8 g 39 %	Sugars 18.9 g 21 %	Salt 0.1 g 1 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 450.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	156.9	88.0
Calcium (mg)	61.4	34.4
Iron (mg)	1.1	0.6
Vit A (µg)	285.3	160.0
Vit D (µg)	0.9	0.5
Vit E (mg)	4.0	2.2
Vit K (µg)	1.9	1.1
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.6	0.3
Vit C (mg)	0.0	0.0
Folate (µg)	17.6	9.9



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