

Nutrition Information**: Leftover Turkey Sunshine Risotto

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	90.5	627.0	31 %	2000 kcal
Fat (g)	1.0	7.1	10 %	70 g
<i>of which saturates (g)</i>	0.5	3.4	17 %	20 g
<i>of which monounsaturates (g)</i>	0.3	1.8		
<i>of which polyunsaturates (g)</i>	0.1	1.0		
Carbohydrates (g)	12.0	82.9		
<i>of which sugars (g)</i>	1.1	7.7	9 %	90 g
<i>of which starch (g)</i>	10.8	74.9		
Fibre (g)	0.5	3.5		
Protein (g)	6.8	47.0		
Salt (g)	0.3	1.8	29 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(693 g) contains:

Energy 627.0 kcal 31 %	Each serving(693 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	7.1 g	3.4 g	7.7 g	1.8 g	MEDIUM
	10 %	17 %	9 %	29 %	HIGH

of an adults reference intake

Typical values per 100g: 90.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	159.5	1105.1
Calcium (mg)	13.0	90.2
Iron (mg)	0.4	2.4
Vit A (µg)	13.0	90.0
Vit D (µg)	0.1	0.5
Vit E (mg)	0.1	0.4
Vit K (µg)	14.5	100.2
Vit B6 (mg)	0.2	1.4
Vit B12 (mg)	0.2	1.4
Vit C (mg)	4.5	31.1
Folate (µg)	8.7	60.6



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