

## Nutrition Information\*\*: Cucumber, Mint and Yogurt Dip

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	39.0	18.4	1 %	2000 kcal
Fat (g)	2.3	1.1	2 %	70 g
of which saturates (g)	1.3	0.6	3 %	20 g
of which monounsaturates (g)	0.4	0.2		
of which polyunsaturates (g)	0.1	0.0		
Carbohydrates (g)	2.7	1.3		
of which sugars (g)	2.2	1.1	1 %	90 g
of which starch (g)	0.2	0.1		
Fibre (g)	0.4	0.2		
Protein (g)	1.9	0.9		
Salt (g)	0.6	0.3	4 %	6 g

The above recipe contains: 2 servings

\*Reference intake of an average adult (2000kcal)

Each serving( 47.25 g) contains:

KEY:

Energy 18.4 kcal 1 %	Fat 1.1 g 2 %	Saturates 0.6 g 3 %	Sugars 1.1 g 1 %	Salt 0.3 g 4 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 39.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	167.0	78.9
Calcium (mg)	57.2	27.1
Iron (mg)	0.7	0.3
Vit A (µg)	52.8	25.0
Vit D (µg)	0.0	0.0
Vit E (mg)	0.3	0.2
Vit K (µg)	13.3	6.3
Vit B6 (mg)	0.0	0.0
Vit B12 (mg)	0.1	0.0
Vit C (mg)	4.9	2.3
Folate (µg)	18.1	8.5



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