

## Nutrition Information\*\*: Filo Mash Parcels (Plain)

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	173.1	117.4	6 %	2000 kcal
Fat (g)	5.9	4.0	6 %	70 g
of which saturates (g)	1.9	1.3	6 %	20 g
of which monounsaturates (g)	3.0	2.1		
of which polyunsaturates (g)	0.6	0.4		
Carbohydrates (g)	28.3	19.2		
of which sugars (g)	1.5	1.0	1 %	90 g
of which starch (g)	26.8	18.2		
Fibre (g)	2.1	1.5		
Protein (g)	3.5	2.3		
Salt (g)	0.3	0.2	3 %	6 g

The above recipe contains: 12 servings

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

Each serving( 67.833 g) contains:

KEY:

Energy 117.4 kcal 6 %	Fat 4.0 g 6 %	Saturates 1.3 g 6 %	Sugars 1.0 g 1 %	Salt 0.2 g 3 %	LOW MEDIUM HIGH
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of an adults reference intake

Typical values per 100g: 173.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	314.5	213.4
Calcium (mg)	41.3	28.0
Iron (mg)	0.6	0.4
Vit A (µg)	27.3	18.5
Vit D (µg)	0.0	0.0
Vit E (mg)	0.3	0.2
Vit K (µg)	2.5	1.7
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.1	0.0
Vit C (mg)	8.7	5.9
Folate (µg)	11.5	7.8



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