Nutrition Information**: Tuscan Ribollita Soup

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Nutrition				
Typical values	**100g contains**	**A serving contains**	**%RI***	**RI* for an average adult**
Energy (kcal)	36.4	298.6	15 %	2000 kcal
Fat (g)	1.0	8.2	12 %	70 g
of which saturates (g)	0.4	3.0	15 %	20 g
of which monounsaturates (g)	0.4	3.1		
of which polyunsaturates (g)	0.1	1.0		
Carbohydrates (g)	4.5	36.7		
of which sugars (g)	2.3	18.8	21 %	90 g
of which starch (g)	1.7	13.8		
Fibre (g)	1.1	9.3		
Protein (g)	2.6	21.7		
Salt (g)	0.2	2.0	33 %	6 g

The above recipe contains: 2 servings

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

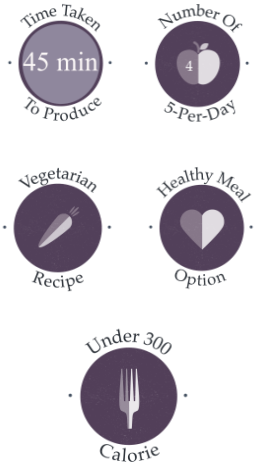
Each serving(821 g) contains:

Energy	Fat	Saturates	Sugars	Salt	KEY:
298.6 kcal	8.2 g	3.0 g	18.8 g	2.0 g	LOW
15 %	12 %	15 %	21 %	33 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 36.4 kcal

Vitamins and Minerals		
Typical values	**100g contains**	**Each serving contains**
Potassium (mg)	148.6	1220.3
Calcium (mg)	32.0	262.3
Iron (mg)	0.6	5.3
Vit A (µg)	196.5	1613.7
Vit D (µg)	0.0	0.0
Vit E (mg)	0.2	1.9
Vit K (µg)	16.8	137.5
Vit B6 (mg)	0.1	0.5
Vit B12 (mg)	0.0	0.3
Vit C (mg)	6.8	55.7
Folate (µg)	12.9	105.8



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