

Nutrition Information**: Lamb Rack Lollipops

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	158.7	758.7	38 %	2000 kcal
Fat (g)	10.2	48.9	70 %	70 g
<i>of which saturates (g)</i>	4.7	22.2	111 %	20 g
<i>of which monounsaturates (g)</i>	4.0	18.9		
<i>of which polyunsaturates (g)</i>	0.7	3.4		
Carbohydrates (g)	9.8	46.9		
<i>of which sugars (g)</i>	2.5	11.9	13 %	90 g
<i>of which starch (g)</i>	6.9	32.8		
Fibre (g)	0.4	1.9		
Protein (g)	7.5	35.9		
Salt (g)	0.3	1.5	24 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(478 g) contains:					KEY:
Energy 758.7 kcal 38 %	Fat 48.9 g 70 %	Saturates 22.2 g 111 %	Sugars 11.9 g 13 %	Salt 1.5 g 24 %	LOW MEDIUM HIGH
of an adults reference intake					
Typical values per 100g: 158.7 kcal					

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	283.0	1352.6
Calcium (mg)	28.3	135.3
Iron (mg)	1.1	5.3
Vit A (µg)	284.2	1358.5
Vit D (µg)	0.1	0.5
Vit E (mg)	0.2	0.9
Vit K (µg)	1.0	4.7
Vit B6 (mg)	0.2	1.0
Vit B12 (mg)	0.5	2.5
Vit C (mg)	10.6	50.6
Folate (µg)	16.6	79.5



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