

Nutrition Information**: Butternut Squash, Celery and Sage Soup (without topping)

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	33.1	219.0	11 %	2000 kcal
Fat (g)	0.6	4.1	6 %	70 g
of which saturates (g)	0.1	0.8	4 %	20 g
of which monounsaturates (g)	0.3	2.2		
of which polyunsaturates (g)	0.1	0.4		
Carbohydrates (g)	5.9	38.7		
of which sugars (g)	3.3	21.5	24 %	90 g
of which starch (g)	2.1	14.0		
Fibre (g)	0.3	2.3		
Protein (g)	1.5	9.7		
Salt (g)	0.2	1.1	19 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(661 g) contains:					KEY:
Energy 219.0 kcal 11 %	Fat 4.1 g 6 %	Saturates 0.8 g 4 %	Sugars 21.5 g 24 %	Salt 1.1 g 19 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 33.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	235.4	1555.2
Calcium (mg)	40.3	266.3
Iron (mg)	0.5	3.6
Vit A (µg)	368.6	2435.3
Vit D (µg)	0.0	0.0
Vit E (mg)	1.2	7.6
Vit K (µg)	0.4	2.3
Vit B6 (mg)	0.1	0.7
Vit B12 (mg)	0.0	0.0
Vit C (mg)	13.1	86.7
Folate (µg)	18.0	119.1



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