

Nutrition Information**: Baileys, Chocolate and Hazelnut fudge

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	423.7	215.2	11 %	2000 kcal
Fat (g)	22.2	11.3	16 %	70 g
of which saturates (g)	11.1	5.6	28 %	20 g
of which monounsaturates (g)	8.6	4.3		
of which polyunsaturates (g)	1.1	0.6		
Carbohydrates (g)	50.2	25.5		
of which sugars (g)	50.0	25.4	28 %	90 g
of which starch (g)	0.2	0.1		
Fibre (g)	0.9	0.5		
Protein (g)	5.1	2.6		
Salt (g)	0.2	0.1	1 %	6 g

The above recipe contains: 25 servings

*Reference intake of an average adult (2000kcal)

Each serving (51 g) contains:					KEY:
Energy 215.2 kcal 11 %	Fat 11.3 g 16 %	Saturates 5.6 g 28 %	Sugars 25.4 g 28 %	Salt 0.1 g 1 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 423.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	275.0	139.7
Calcium (mg)	153.5	78.0
Iron (mg)	1.0	0.5
Vit A (µg)	181.9	92.4
Vit D (µg)	0.1	0.0
Vit E (mg)	2.5	1.3
Vit K (µg)	0.8	0.4
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.6	0.3
Vit C (mg)	1.3	0.6
Folate (µg)	11.8	6.0

