

Nutrition Information**: Turmeric, Lemongrass, Noodle and Detox Broth

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	35.9	190.5	10 %	2000 kcal
Fat (g)	0.4	2.2	3 %	70 g
of which saturates (g)	0.1	0.4	2 %	20 g
of which monounsaturates (g)	0.1	0.3		
of which polyunsaturates (g)	0.1	0.7		
Carbohydrates (g)	6.7	35.7		
of which sugars (g)	1.0	5.4	6 %	90 g
of which starch (g)	5.0	26.5		
Fibre (g)	0.7	3.6		
Protein (g)	1.7	8.9		
Salt (g)	0.1	0.7	11 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving (530 g) contains:					KEY:
Energy 190.5 kcal 10 %	Fat 2.2 g 3 %	Saturates 0.4 g 2 %	Sugars 5.4 g 6 %	Salt 0.7 g 11 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 35.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	98.0	519.2
Calcium (mg)	25.1	132.8
Iron (mg)	0.9	5.0
Vit A (µg)	97.7	517.9
Vit D (µg)	0.0	0.1
Vit E (mg)	0.2	0.9
Vit K (µg)	6.3	33.3
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	11.1	58.9
Folate (µg)	7.5	39.9

