

## Nutrition Information\*\*: Chicken Skewers with a Fiery Rocket, Lime and Baby Corn Salad

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	92.4	426.2	21 %	2000 kcal
Fat (g)	4.5	20.8	30 %	70 g
of which saturates (g)	2.1	9.8	49 %	20 g
of which monounsaturates (g)	1.8	8.2		
of which polyunsaturates (g)	0.4	1.7		
Carbohydrates (g)	2.6	11.9		
of which sugars (g)	2.2	10.2	11 %	90 g
of which starch (g)	0.1	0.7		
Fibre (g)	1.1	5.0		
Protein (g)	10.5	48.5		
Salt (g)	0.4	1.7	28 %	6 g

The above recipe contains: 2 servings

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

Each serving ( 461 g) contains:

Energy 426.2 kcal 21 %	Fat	Saturates	Sugars	Salt	KEY:
	20.8 g	9.8 g	10.2 g	1.7 g	LOW
30 %	49 %	11 %	28 %	MEDIUM	
				HIGH	

of an adults reference intake

Typical values per 100g: 92.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	249.6	1150.5
Calcium (mg)	110.7	510.4
Iron (mg)	0.4	1.9
Vit A (µg)	75.0	345.8
Vit D (µg)	0.1	0.4
Vit E (mg)	0.4	1.9
Vit K (µg)	18.4	84.8
Vit B6 (mg)	0.2	1.0
Vit B12 (mg)	0.1	0.3
Vit C (mg)	25.4	116.9
Folate (µg)	30.5	140.7

