

Nutrition Information**: Haddock dauphinoise with Cypriot new potatoes

| By Debbie Gibson (RNutr, MSc) | -PROPER- Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	121.2	972.3	49 %	2000 kcal
Fat (g)	7.7	61.8	88 %	70 g
of which saturates (g)	4.5	35.8	179 %	20 g
of which monounsaturates (g)	2.1	17.2		
of which polyunsaturates (g)	0.4	3.0		
Carbohydrates (g)	7.3	58.7		
of which sugars (g)	1.7	13.7	15 %	90 g
of which starch (g)	5.5	44.4		
Fibre (g)	0.6	4.9		
Protein (g)	6.1	49.2		
Salt (g)	0.2	1.4	23 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving (803 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
972.3 kcal	61.8 g	35.8 g	13.7 g	1.4 g	MEDIUM
49 %	88 %	179 %	15 %	23 %	HIGH

of an adults reference intake

Typical values per 100g: 121.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	253.8	2036.9
Calcium (mg)	33.1	265.4
Iron (mg)	0.3	2.7
Vit A (µg)	115.3	925.0
Vit D (µg)	0.0	0.4
Vit E (mg)	0.5	4.1
Vit K (µg)	2.9	23.3
Vit B6 (mg)	0.2	1.8
Vit B12 (mg)	0.6	4.7
Vit C (mg)	5.8	46.3
Folate (µg)	22.7	182.0

