

## Nutrition Information\*\*: Meat and leek pies with an aubergine pastry, topped with passata and grated parmesan

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	63.2	265.6	13 %	2000 kcal
Fat (g)	2.6	10.8	15 %	70 g
<i>of which saturates (g)</i>	1.0	4.4	22 %	20 g
<i>of which monounsaturates (g)</i>	1.1	4.6		
<i>of which polyunsaturates (g)</i>	0.3	1.4		
Carbohydrates (g)	3.5	14.8		
<i>of which sugars (g)</i>	2.5	10.5	12 %	90 g
<i>of which starch (g)</i>	0.6	2.6		
Fibre (g)	0.5	2.0		
Protein (g)	6.5	27.5		
Salt (g)	0.2	0.7	12 %	6 g

The above recipe contains: 4 servings

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

Each serving ( 420 g) contains:					KEY:
Energy 265.6 kcal 13 %	Fat 10.8 g 15 %	Saturates 4.4 g 22 %	Sugars 10.5 g 12 %	Salt 0.7 g 12 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 63.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	228.1	958.1
Calcium (mg)	30.8	129.6
Iron (mg)	0.8	3.2
Vit A (µg)	36.6	153.6
Vit D (µg)	0.2	0.7
Vit E (mg)	0.4	1.5
Vit K (µg)	3.2	13.3
Vit B6 (mg)	0.2	0.8
Vit B12 (mg)	0.5	2.2
Vit C (mg)	4.1	17.0
Folate (µg)	17.7	74.4