

## Nutrition Information\*\*: Raspberry and Lemon Muffins

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	333.6	274.3	14 %	2000 kcal
Fat (g)	19.2	15.8	23 %	70 g
<i>of which saturates (g)</i>	11.3	9.3	46 %	20 g
<i>of which monounsaturates (g)</i>	5.1	4.2		
<i>of which polyunsaturates (g)</i>	1.0	0.8		
Carbohydrates (g)	37.4	30.8		
<i>of which sugars (g)</i>	21.4	17.6	20 %	90 g
<i>of which starch (g)</i>	16.0	13.2		
Fibre (g)	1.0	0.8		
Protein (g)	5.2	4.3		
Salt (g)	0.3	0.2	4 %	6 g

The above recipe contains: 9 servings

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

Each serving ( 82 g) contains:					KEY:
Energy 274.3 kcal 14 %	Fat 15.8 g 23 %	Saturates 9.3 g 46 %	Sugars 17.6 g 20 %	Salt 0.2 g 4 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 333.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	132.8	109.2
Calcium (mg)	88.1	72.4
Iron (mg)	1.2	1.0
Vit A (µg)	245.7	202.0
Vit D (µg)	1.0	0.8
Vit E (mg)	0.9	0.7
Vit K (µg)	1.5	1.2
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.7	0.6
Vit C (mg)	6.1	5.0
Folate (µg)	19.7	16.2