

Nutrition Information**: Pea and Samphire Summer Soup

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	37.1	221.8	11 %	2000 kcal
Fat (g)	1.3	7.5	11 %	70 g
of which saturates (g)	0.2	1.4	7 %	20 g
of which monounsaturates (g)	0.7	4.2		
of which polyunsaturates (g)	0.1	0.9		
Carbohydrates (g)	4.6	27.7		
of which sugars (g)	2.2	13.1	15 %	90 g
of which starch (g)	1.2	7.4		
Fibre (g)	1.4	8.6		
Protein (g)	2.1	12.4		
Salt (g)	0.0	0.0	1 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each bowl of soup (598 g) contains:

Energy 221.8 kcal 11 %	Each bowl of soup (598 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	7.5 g	1.4 g	13.1 g	0.0 g	MEDIUM
	11 %	7 %	15 %	1 %	HIGH

of an adults reference intake

Typical values per 100g: 37.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	144.2	861.8
Calcium (mg)	31.1	186.0
Iron (mg)	0.8	4.6
Vit A (µg)	24.7	147.4
Vit D (µg)	0.0	0.0
Vit E (mg)	0.4	2.1
Vit K (µg)	7.0	41.9
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	6.7	40.3
Folate (µg)	36.5	218.1

