

Nutrition Information**: Asian Salmon in a Bag

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	101.0	461.2	23 %	2000 kcal
Fat (g)	6.6	30.2	43 %	70 g
<i>of which saturates (g)</i>	1.1	5.0	25 %	20 g
<i>of which monounsaturates (g)</i>	3.2	14.6		
<i>of which polyunsaturates (g)</i>	1.5	7.0		
Carbohydrates (g)	4.8	22.1		
<i>of which sugars (g)</i>	4.1	18.9	21 %	90 g
<i>of which starch (g)</i>	0.3	1.4		
Fibre (g)	1.1	5.1		
Protein (g)	6.9	31.6		
Salt (g)	0.2	1.0	17 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each salmon bag contains: (457 g)

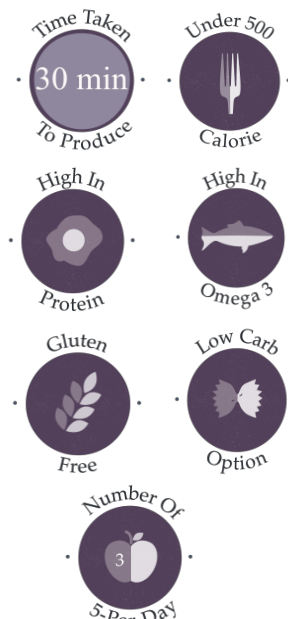
KEY:

Energy	Fat	Saturates	Sugars	Salt	LOW
461.2 kcal	30.2 g	5.0 g	18.9 g	1.0 g	MEDIUM
23 %	43 %	25 %	21 %	17 %	HIGH

of an adults reference intake

Typical values per 100g: 101.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	249.4	1138.3
Calcium (mg)	43.3	197.7
Iron (mg)	0.7	3.4
Vit A (µg)	34.1	155.5
Vit D (µg)	1.3	5.9
Vit E (mg)	1.4	6.2
Vit K (µg)	11.7	53.2
Vit B6 (mg)	0.1	0.6
Vit B12 (mg)	1.2	5.5
Vit C (mg)	20.9	95.4
Folate (µg)	33.9	154.8



**Estimated nutritional information per muffin and per 100g. Information is calculated using McCance & Widdowson database and information on food packaging