

Nutrition Information**: Mint Chocolate Courgette Muffins

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	259.8	188.1	9 %	2000 kcal
Fat (g)	14.6	10.6	15 %	70 g
of which saturates (g)	3.3	2.4	12 %	20 g
of which monounsaturates (g)	7.4	5.4		
of which polyunsaturates (g)	2.1	1.5		
Carbohydrates (g)	19.0	13.8		
of which sugars (g)	15.6	11.3	13 %	90 g
of which starch (g)	0.5	0.4		
Fibre (g)	0.5	0.4		
Protein (g)	14.0	10.1		
Salt (g)	0.4	0.3	5 %	6 g

The above recipe contains: 7 servings

*Reference intake of an average adult (2000kcal)

Each muffin (72 g) contains:

Energy 188.1 kcal 9 %	Fat	Saturates	Sugars	Salt	KEY:
	10.6 g	2.4 g	11.3 g	0.3 g	LOW
	15 %	12 %	13 %	5 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 259.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	384.0	278.1
Calcium (mg)	73.5	53.2
Iron (mg)	2.0	1.4
Vit A (µg)	67.5	48.9
Vit D (µg)	0.9	0.7
Vit E (mg)	4.1	2.9
Vit K (µg)	0.8	0.6
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	1.0	0.7
Vit C (mg)	5.2	3.8
Folate (µg)	34.5	25.0



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