

## Nutrition Information\*\*: The best Tiramisu with a Tia Maria Twist

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	271.8	1004.4	50 %	2000 kcal
Fat (g)	17.7	65.4	93 %	70 g
of which saturates (g)	11.0	40.8	204 %	20 g
of which monounsaturates (g)	4.8	17.7		
of which polyunsaturates (g)	0.9	3.4		
Carbohydrates (g)	19.4	71.5		
of which sugars (g)	16.5	61.1	68 %	90 g
of which starch (g)	0.0	0.0		
Fibre (g)	0.1	0.2		
Protein (g)	4.7	17.2		
Salt (g)	0.1	0.5	9 %	6 g

The above recipe contains: 2 servings

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

Each serving of tiramisu ( 370 g) contains:

Energy 1004.4 kcal 50 %	Fat	Saturates	Sugars	Salt	KEY:
	65.4 g	40.8 g	61.1 g	0.5 g	LOW
	93 %	204 %	68 %	9 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 271.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	105.5	390.0
Calcium (mg)	69.7	257.4
Iron (mg)	0.4	1.4
Vit A (µg)	161.7	597.6
Vit D (µg)	0.6	2.3
Vit E (mg)	0.6	2.4
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.0	0.1
Vit B12 (mg)	0.7	2.6
Vit C (mg)	0.0	0.0
Folate (µg)	11.6	42.9



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