

Nutrition Information**: Jerk Chicken Tacos

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	137.4	478.0	24 %	2000 kcal
Fat (g)	3.6	12.5	18 %	70 g
<i>of which saturates (g)</i>	1.0	3.4	17 %	20 g
<i>of which monounsaturates (g)</i>	1.9	6.5		
<i>of which polyunsaturates (g)</i>	0.4	1.5		
Carbohydrates (g)	15.0	52.4		
<i>of which sugars (g)</i>	5.2	18.0	20 %	90 g
<i>of which starch (g)</i>	9.3	32.4		
Fibre (g)	1.0	3.4		
Protein (g)	12.5	43.6		
Salt (g)	0.5	1.8	30 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving of jerk chicken taco (348 g) contains:

Energy 478.0 kcal 24 %	Fat	Saturates	Sugars	Salt	KEY:
	12.5 g	3.4 g	18.0 g	1.8 g	LOW
	18 %	17 %	20 %	30 %	MEDIUM

of an adults reference intake

Typical values per 100g: 137.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	320.2	1114.4
Calcium (mg)	56.8	197.7
Iron (mg)	1.8	6.2
Vit A (µg)	87.5	304.4
Vit D (µg)	0.1	0.3
Vit E (mg)	0.3	1.2
Vit K (µg)	7.7	26.9
Vit B6 (mg)	0.3	1.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	14.0	48.9
Folate (µg)	12.4	43.3



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