

## Nutrition Information\*\*: Pumpkin and Chestnut Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	28.8	166.7	8 %	2000 kcal
Fat (g)	0.7	4.2	6 %	70 g
<i>of which saturates (g)</i>	0.2	1.1	5 %	20 g
<i>of which monounsaturates (g)</i>	0.3	1.8		
<i>of which polyunsaturates (g)</i>	0.1	0.6		
Carbohydrates (g)	4.6	26.7		
<i>of which sugars (g)</i>	2.2	12.8	14 %	90 g
<i>of which starch (g)</i>	1.9	11.0		
Fibre (g)	0.4	2.5		
Protein (g)	1.2	7.0		
Salt (g)	0.2	1.1	18 %	6 g

The above recipe contains: 6 servings

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

Each serving( 579 g) contains:					KEY:
Energy 166.7 kcal 8 %	Fat 4.2 g 6 %	Saturates 1.1 g 5 %	Sugars 12.8 g 14 %	Salt 1.1 g 18 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 28.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	125.0	724.0
Calcium (mg)	28.3	163.8
Iron (mg)	0.4	2.4
Vit A (µg)	45.0	260.5
Vit D (µg)	0.0	0.0
Vit E (mg)	0.7	4.3
Vit K (µg)	0.2	1.2
Vit B6 (mg)	0.0	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	8.5	49.5
Folate (µg)	7.7	44.7



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