

Nutrition Information**: Autumnal salsa dip

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	30.6	32.2	2 %	2000 kcal
Fat (g)	0.9	0.9	1 %	70 g
of which saturates (g)	0.1	0.1	1 %	20 g
of which monounsaturates (g)	0.4	0.4		
of which polyunsaturates (g)	0.2	0.2		
Carbohydrates (g)	5.0	5.2		
of which sugars (g)	4.3	4.6	5 %	90 g
of which starch (g)	0.1	0.1		
Fibre (g)	1.5	1.6		
Protein (g)	1.1	1.2		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving(105 g) contains:					KEY:
Energy 32.2 kcal 2 %	Fat 0.9 g 1 %	Saturates 0.1 g 1 %	Sugars 4.6 g 5 %	Salt 0.0 g 0 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 30.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	239.6	251.6
Calcium (mg)	20.8	21.9
Iron (mg)	0.5	0.5
Vit A (µg)	67.5	70.8
Vit D (µg)	0.0	0.0
Vit E (mg)	0.7	0.8
Vit K (µg)	13.3	14.0
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.0	0.0
Vit C (mg)	15.7	16.4
Folate (µg)	22.8	23.9



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