

## Nutrition Information\*\*: Homemade fish and chips with Sarsons

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	109.6	625.2	31 %	2000 kcal
Fat (g)	1.9	11.0	16 %	70 g
of which saturates (g)	0.4	2.2	11 %	20 g
of which monounsaturates (g)	1.0	5.7		
of which polyunsaturates (g)	0.3	1.5		
Carbohydrates (g)	16.1	92.1		
of which sugars (g)	1.5	8.8	10 %	90 g
of which starch (g)	11.2	63.9		
Fibre (g)	2.0	11.6		
Protein (g)	7.6	43.5		
Salt (g)	0.4	2.1	35 %	6 g

The above recipe contains: 2 servings

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

Each serving( 571 g) contains:

KEY:

Energy 625.2 kcal 31 %	Fat 11.0 g 16 %	Saturates 2.2 g 11 %	Sugars 8.8 g 10 %	Salt 2.1 g 35 %	LOW MEDIUM HIGH
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of an adults reference intake

Typical values per 100g: 109.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	322.8	1841.6
Calcium (mg)	24.3	138.4
Iron (mg)	0.6	3.6
Vit A (µg)	18.8	107.2
Vit D (µg)	0.2	1.0
Vit E (mg)	0.3	1.6
Vit K (µg)	1.0	5.9
Vit B6 (mg)	0.2	0.9
Vit B12 (mg)	0.6	3.5
Vit C (mg)	10.0	57.0
Folate (µg)	19.8	113.0



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