

Nutrition Information**: Chicken Noodle Vietnamese Pho

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	55.8	577.9	29 %	2000 kcal
Fat (g)	1.4	14.2	20 %	70 g
of which saturates (g)	0.3	2.9	15 %	20 g
of which monounsaturates (g)	0.7	6.8		
of which polyunsaturates (g)	0.2	2.2		
Carbohydrates (g)	3.9	40.0		
of which sugars (g)	0.4	4.1	5 %	90 g
of which starch (g)	2.8	29.3		
Fibre (g)	0.4	3.7		
Protein (g)	7.2	74.9		
Salt (g)	0.2	2.1	35 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(1035 g) contains:					KEY:
Energy 577.9 kcal 29 %	Fat 14.2 g 20 %	Saturates 2.9 g 15 %	Sugars 4.1 g 5 %	Salt 2.1 g 35 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 55.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	151.8	1571.5
Calcium (mg)	15.0	155.6
Iron (mg)	0.5	5.3
Vit A (µg)	18.3	189.4
Vit D (µg)	0.1	1.5
Vit E (mg)	0.2	2.5
Vit K (µg)	2.4	25.0
Vit B6 (mg)	0.1	1.5
Vit B12 (mg)	0.1	0.8
Vit C (mg)	4.3	44.5
Folate (µg)	17.7	183.6



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

