

Nutrition Information**: Fish Pie with Spinch and Cheese Sauce, topped with Mash and Cauliflower

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	85.7	451.7	23 %	2000 kcal
Fat (g)	3.4	18.1	26 %	70 g
<i>of which saturates (g)</i>	1.6	8.6	43 %	20 g
<i>of which monounsaturates (g)</i>	1.0	5.3		
<i>of which polyunsaturates (g)</i>	0.4	2.1		
Carbohydrates (g)	6.9	36.2		
<i>of which sugars (g)</i>	2.2	11.5	13 %	90 g
<i>of which starch (g)</i>	4.4	23.0		
Fibre (g)	0.9	4.6		
Protein (g)	7.3	38.5		
Salt (g)	0.1	0.8	13 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(527 g) contains:					KEY:
Energy 451.7 kcal 23 %	Fat 18.1 g 26 %	Saturates 8.6 g 43 %	Sugars 11.5 g 13 %	Salt 0.8 g 13 %	LOW
					MEDIUM
					HIGH

of an adults reference intake
Typical values per 100g: 85.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	290.4	1530.7
Calcium (mg)	62.2	328.0
Iron (mg)	0.3	1.8
Vit A (µg)	42.8	225.3
Vit D (µg)	0.3	1.7
Vit E (mg)	0.5	2.6
Vit K (µg)	8.7	45.8
Vit B6 (mg)	0.1	0.7
Vit B12 (mg)	0.9	4.7
Vit C (mg)	13.8	72.7
Folate (µg)	23.4	123.2



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