

Nutrition Information**: Hot Cross Bun Tear and Share

| By Debbie Jones (RNutr, MSc) | **-PROPER-** Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	290.5	118.0	6 %	2000 kcal
Fat (g)	8.7	3.5	5 %	70 g
of which saturates (g)	4.9	2.0	10 %	20 g
of which monounsaturates (g)	2.3	1.0		
of which polyunsaturates (g)	0.5	0.2		
Carbohydrates (g)	49.6	20.1		
of which sugars (g)	18.8	7.6	8 %	90 g
of which starch (g)	30.9	12.5		
Fibre (g)	1.8	0.7		
Protein (g)	7.0	2.8		
Salt (g)	0.3	0.1	2 %	6 g

The above recipe contains: 32 servings

*Reference intake of an average adult (2000kcal)

Each serving(41 g) contains:					KEY:
Energy 118.0 kcal 6 %	Fat 3.5 g 5 %	Saturates 2.0 g 10 %	Sugars 7.6 g 8 %	Salt 0.1 g 2 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 290.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	189.2	76.8
Calcium (mg)	101.8	41.4
Iron (mg)	1.5	0.6
Vit A (µg)	85.5	34.7
Vit D (µg)	0.4	0.2
Vit E (mg)	0.5	0.2
Vit K (µg)	0.6	0.2
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.6	0.2
Vit C (mg)	0.4	0.1
Folate (µg)	32.6	13.3



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