

## Nutrition Information\*\*: Beef Brisket Burritos

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	167.2	898.8	45 %	2000 kcal
Fat (g)	6.6	35.5	51 %	70 g
of which saturates (g)	1.4	7.7	39 %	20 g
of which monounsaturates (g)	3.4	18.1		
of which polyunsaturates (g)	1.2	6.6		
Carbohydrates (g)	18.1	97.4		
of which sugars (g)	3.0	15.9	18 %	90 g
of which starch (g)	14.9	79.9		
Fibre (g)	1.5	8.3		
Protein (g)	9.1	49.1		
Salt (g)	0.4	1.9	32 %	6 g

The above recipe contains: 6 servings

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

Each serving( 538 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
898.8 kcal	35.5 g	7.7 g	15.9 g	1.9 g	MEDIUM
45 %	51 %	39 %	18 %	32 %	HIGH

of an adults reference intake

Typical values per 100g: 167.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	202.3	1087.9
Calcium (mg)	35.5	190.8
Iron (mg)	1.2	6.4
Vit A (µg)	135.3	727.4
Vit D (µg)	0.2	0.8
Vit E (mg)	1.2	6.3
Vit K (µg)	23.7	127.5
Vit B6 (mg)	0.2	1.3
Vit B12 (mg)	0.6	3.4
Vit C (mg)	7.6	40.9
Folate (µg)	18.6	99.9



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