

Nutrition Information**: Wild rice and salmon salad

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	136.2	649.7	32 %	2000 kcal
Fat (g)	6.1	29.0	41 %	70 g
<i>of which saturates (g)</i>	1.1	5.2	26 %	20 g
<i>of which monounsaturates (g)</i>	3.0	14.3		
<i>of which polyunsaturates (g)</i>	1.3	6.3		
Carbohydrates (g)	12.3	58.7		
<i>of which sugars (g)</i>	1.9	9.0	10 %	90 g
<i>of which starch (g)</i>	10.4	49.7		
Fibre (g)	1.0	4.8		
Protein (g)	8.8	42.1		
Salt (g)	0.1	0.4	6 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(477 g) contains:

Energy 649.7 kcal 32 %	Each serving(477 g) contains:				KEY:
	Fat 29.0 g 41 %	Saturates 5.2 g 26 %	Sugars 9.0 g 10 %	Salt 0.4 g 6 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 136.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	265.8	1268.0
Calcium (mg)	22.5	107.3
Iron (mg)	1.0	4.8
Vit A (µg)	57.2	272.7
Vit D (µg)	2.2	10.5
Vit E (mg)	0.8	3.8
Vit K (µg)	11.4	54.6
Vit B6 (mg)	0.1	0.7
Vit B12 (mg)	1.7	8.1
Vit C (mg)	10.6	50.8
Folate (µg)	32.5	155.1



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