

Nutrition Information**: Thai green curry

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Nutrition

Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	75.1	278.9	14 %	2000 kcal
Fat (g)	1.8	6.7	10 %	70 g
<i>of which saturates (g)</i>	0.4	1.5	7 %	20 g
<i>of which monounsaturates (g)</i>	0.9	3.5		
<i>of which polyunsaturates (g)</i>	0.2	0.9		
Carbohydrates (g)	3.4	12.5		
<i>of which sugars (g)</i>	2.9	10.6	12 %	90 g
<i>of which starch (g)</i>	0.2	0.9		
Fibre (g)	0.8	3.0		
Protein (g)	11.9	44.3		
Salt (g)	0.2	0.6	9 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(371 g) contains:

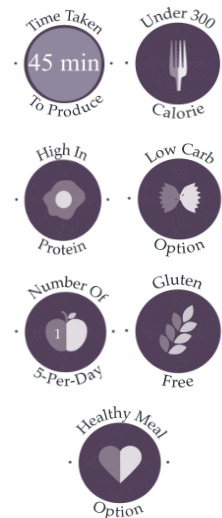
	Fat	Saturates	Sugars	Salt	KEY:
Energy 278.9 kcal 14 %	6.7 g	1.5 g	10.6 g	0.6 g	LOW
	10 %	7 %	12 %	9 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 75.1 kcal

Vitamins and Minerals

Typical values	100g contains	Each serving contains
Potassium (mg)	365.8	1358.2
Calcium (mg)	33.3	123.5
Iron (mg)	0.6	2.1
Vit A (µg)	42.4	157.4
Vit D (µg)	0.1	0.4
Vit E (mg)	0.4	1.7
Vit K (µg)	31.6	117.5
Vit B6 (mg)	0.3	1.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	16.8	62.3
Folate (µg)	25.7	95.6



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