

# Nutrition Information\*\*: Steak and onion BBQ skewers

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	106.5	248.6	12 %	2000 kcal
Fat (g)	4.1	9.5	14 %	70 g
<i>of which saturates (g)</i>	1.3	3.1	15 %	20 g
<i>of which monounsaturates (g)</i>	2.0	4.8		
<i>of which polyunsaturates (g)</i>	0.3	0.8		
Carbohydrates (g)	3.1	7.2		
<i>of which sugars (g)</i>	2.0	4.7	5 %	90 g
<i>of which starch (g)</i>	0.2	0.4		
Fibre (g)	1.0	2.3		
Protein (g)	14.6	34.1		
Salt (g)	0.5	1.2	20 %	6 g

The above recipe contains: 2 servings

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

Each serving( 234 g) contains:					KEY:
Energy 248.6 kcal 12 %	Fat 9.5 g 14 %	Saturates 3.1 g 15 %	Sugars 4.7 g 5 %	Salt 1.2 g 20 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 106.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	296.5	692.2
Calcium (mg)	20.7	48.4
Iron (mg)	1.7	3.9
Vit A (µg)	2.7	6.2
Vit D (µg)	0.3	0.8
Vit E (mg)	0.2	0.4
Vit K (µg)	0.7	1.7
Vit B6 (mg)	0.5	1.1
Vit B12 (mg)	1.3	3.0
Vit C (mg)	1.6	3.7
Folate (µg)	15.8	37.0



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