

Nutrition Information**: Veg and halloumi BBQ skewers

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	128.2	317.9	16 %	2000 kcal
Fat (g)	9.7	24.1	34 %	70 g
of which saturates (g)	5.4	13.4	67 %	20 g
of which monounsaturates (g)	3.5	8.6		
of which polyunsaturates (g)	0.6	1.5		
Carbohydrates (g)	2.2	5.4		
of which sugars (g)	2.1	5.2	6 %	90 g
of which starch (g)	0.0	0.1		
Fibre (g)	0.5	1.3		
Protein (g)	8.1	20.2		
Salt (g)	0.9	2.3	38 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(248 g) contains:

Energy 317.9 kcal 16 %	Fat	Saturates	Sugars	Salt	KEY:
	24.1 g	13.4 g	5.2 g	2.3 g	LOW
	34 %	67 %	6 %	38 %	MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 128.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	246.0	610.2
Calcium (mg)	250.2	620.6
Iron (mg)	0.4	1.0
Vit A (µg)	180.3	447.2
Vit D (µg)	0.1	0.2
Vit E (mg)	0.5	1.2
Vit K (µg)	2.7	6.8
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.2	0.4
Vit C (mg)	42.8	106.1
Folate (µg)	48.9	121.3



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