

Nutrition Information**: Pea and Ham Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	91.7	176.1	9 %	2000 kcal
Fat (g)	3.3	6.3	9 %	70 g
<i>of which saturates (g)</i>	1.8	3.4	17 %	20 g
<i>of which monounsaturates (g)</i>	0.8	1.6		
<i>of which polyunsaturates (g)</i>	0.4	0.7		
Carbohydrates (g)	10.1	19.4		
<i>of which sugars (g)</i>	4.8	9.2	10 %	90 g
<i>of which starch (g)</i>	4.9	9.4		
Fibre (g)	3.5	6.6		
Protein (g)	6.0	11.5		
Salt (g)	0.3	0.7	11 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(192 g) contains:					KEY:
Energy 176.1 kcal 9 %	Fat 6.3 g 9 %	Saturates 3.4 g 17 %	Sugars 9.2 g 10 %	Salt 0.7 g 11 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 91.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	185.7	356.6
Calcium (mg)	32.2	61.8
Iron (mg)	1.2	2.2
Vit A (µg)	55.8	107.1
Vit D (µg)	0.0	0.0
Vit E (mg)	0.2	0.4
Vit K (µg)	0.2	0.4
Vit B6 (mg)	0.2	0.4
Vit B12 (mg)	0.2	0.3
Vit C (mg)	12.4	23.8
Folate (µg)	32.1	61.7



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