

Nutrition Information**: Paprika chicken wraps with guacamole and mixed bean salad

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	137.0	673.9	34 %	2000 kcal
Fat (g)	5.3	26.2	37 %	70 g
of which saturates (g)	1.2	5.7	29 %	20 g
of which monounsaturates (g)	3.1	15.2		
of which polyunsaturates (g)	0.7	3.4		
Carbohydrates (g)	11.1	54.5		
of which sugars (g)	1.7	8.4	9 %	90 g
of which starch (g)	8.9	44.0		
Fibre (g)	0.9	4.5		
Protein (g)	12.5	61.7		
Salt (g)	0.3	1.3	22 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(492 g) contains:					KEY:
Energy 673.9 kcal 34 %	Fat 26.2 g 37 %	Saturates 5.7 g 29 %	Sugars 8.4 g 9 %	Salt 1.3 g 22 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 137.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	329.0	1617.8
Calcium (mg)	31.6	155.5
Iron (mg)	1.0	4.9
Vit A (µg)	52.3	257.4
Vit D (µg)	0.1	0.4
Vit E (mg)	0.6	3.1
Vit K (µg)	5.8	28.4
Vit B6 (mg)	0.3	1.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	5.0	24.5
Folate (µg)	15.0	73.8



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