

Nutrition Information**: Fruit and nut salad with gorgonzola

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	139.4	273.2	14 %	2000 kcal
Fat (g)	10.6	20.8	30 %	70 g
<i>of which saturates (g)</i>	0.4	0.8	4 %	20 g
<i>of which monounsaturates (g)</i>	0.6	1.1		
<i>of which polyunsaturates (g)</i>	2.5	4.9		
Carbohydrates (g)	5.0	9.8		
<i>of which sugars (g)</i>	5.0	9.7	11 %	90 g
<i>of which starch (g)</i>	0.0	0.1		
Fibre (g)	1.3	2.6		
Protein (g)	6.3	12.4		
Salt (g)	0.4	0.9	15 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(196 g) contains:					KEY:
Energy 273.2 kcal 14 %	Fat 20.8 g 30 %	Saturates 0.8 g 4 %	Sugars 9.7 g 11 %	Salt 0.9 g 15 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 139.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	142.6	279.4
Calcium (mg)	57.5	112.6
Iron (mg)	0.7	1.3
Vit A (µg)	79.0	154.9
Vit D (µg)	0.0	0.0
Vit E (mg)	0.4	0.8
Vit K (µg)	41.6	81.6
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	11.7	22.9
Folate (µg)	22.8	44.8



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