

Nutrition Information** : Fig Jam

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	112.6	56.7	3 %	2000 kcal
Fat (g)	0.2	0.1	0 %	70 g
<i>of which saturates (g)</i>	0.1	0.0	0 %	20 g
<i>of which monounsaturates (g)</i>	0.1	0.0		
<i>of which polyunsaturates (g)</i>	0.1	0.0		
Carbohydrates (g)	28.8	14.5		
<i>of which sugars (g)</i>	28.8	14.5	16 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.0	0.0		
Protein (g)	0.8	0.4		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 16 servings

*Reference intake of an average adult (2000kcal)

Each serving(50 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
56.7 kcal	0.1 g	0.0 g	14.5 g	0.0 g	MEDIUM
3 %	0 %	0 %	16 %	0 %	HIGH

of an adults reference intake

Typical values per 100g: 112.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	130.2	65.5
Calcium (mg)	26.0	13.1
Iron (mg)	0.2	0.1
Vit A (µg)	15.6	7.9
Vit D (µg)	0.0	0.0
Vit E (mg)	0.0	0.0
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	2.6	1.3
Folate (µg)	0.5	0.2



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