

## Nutrition Information\*\*: Rhubarb Galette with Rhubarb Jam

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	277.1	348.1	17 %	2000 kcal
Fat (g)	16.1	20.3	29 %	70 g
<i>of which saturates (g)</i>	8.3	10.4	52 %	20 g
<i>of which monounsaturates (g)</i>	5.4	6.8		
<i>of which polyunsaturates (g)</i>	1.1	1.4		
Carbohydrates (g)	31.9	40.0		
<i>of which sugars (g)</i>	21.7	27.2	30 %	90 g
<i>of which starch (g)</i>	10.2	12.8		
Fibre (g)	0.5	0.7		
Protein (g)	3.2	4.0		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 8 servings

\*Reference intake of an average adult (2000kcal)

Each serving( 126 g) contains:

Energy 348.1 kcal 17 %	Fat	Saturates	Sugars	Salt	KEY:
	20.3 g	10.4 g	27.2 g	0.0 g	LOW
	29 %	52 %	30 %	0 %	MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 277.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	187.7	235.9
Calcium (mg)	69.2	87.0
Iron (mg)	0.7	0.9
Vit A (µg)	174.6	219.3
Vit D (µg)	0.5	0.6
Vit E (mg)	1.8	2.2
Vit K (µg)	1.2	1.5
Vit B6 (mg)	0.0	0.1
Vit B12 (mg)	0.3	0.3
Vit C (mg)	2.7	3.4
Folate (µg)	10.8	13.5



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