

Nutrition Information**: Simple Summer Spaghetti with Pureed Peas, Basil and Parmesan

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	123.8	411.8	21 %	2000 kcal
Fat (g)	1.4	4.8	7 %	70 g
<i>of which saturates (g)</i>	0.4	1.3	6 %	20 g
<i>of which monounsaturates (g)</i>	0.5	1.6		
<i>of which polyunsaturates (g)</i>	0.3	1.1		
Carbohydrates (g)	24.1	80.1		
<i>of which sugars (g)</i>	3.0	9.9	11 %	90 g
<i>of which starch (g)</i>	20.9	69.6		
Fibre (g)	1.8	6.1		
Protein (g)	5.1	17.0		
Salt (g)	0.1	0.2	3 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(333 g) contains:					KEY:
Energy 411.8 kcal 21 %	Fat 4.8 g 7 %	Saturates 1.3 g 6 %	Sugars 9.9 g 11 %	Salt 0.2 g 3 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 123.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	132.8	441.8
Calcium (mg)	32.7	108.8
Iron (mg)	1.0	3.4
Vit A (µg)	19.6	65.1
Vit D (µg)	0.0	0.0
Vit E (mg)	0.2	0.6
Vit K (µg)	0.3	1.0
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.0	0.1
Vit C (mg)	7.1	23.5
Folate (µg)	21.4	71.3



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