

Nutrition Information**: Sweet Potato Beef Burgers with Tahini Sauce and Pitta Bread

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	93.8	387.4	19 %	2000 kcal
Fat (g)	2.9	12.0	17 %	70 g
<i>of which saturates (g)</i>	0.8	3.4	17 %	20 g
<i>of which monounsaturates (g)</i>	1.2	5.1		
<i>of which polyunsaturates (g)</i>	0.4	1.8		
Carbohydrates (g)	19.0	78.5		
<i>of which sugars (g)</i>	4.0	16.6	18 %	90 g
<i>of which starch (g)</i>	7.4	30.7		
Fibre (g)	1.3	5.3		
Protein (g)	6.8	28.1		
Salt (g)	0.3	1.1	18 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(413 g) contains:					KEY:
Energy 387.4 kcal 19 %	Fat 12.0 g 17 %	Saturates 3.4 g 17 %	Sugars 16.6 g 18 %	Salt 1.1 g 18 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 93.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	300.9	1241.8
Calcium (mg)	46.8	193.3
Iron (mg)	1.2	5.1
Vit A (µg)	358.5	1479.8
Vit D (µg)	0.2	0.8
Vit E (mg)	0.3	1.4
Vit K (µg)	11.1	45.7
Vit B6 (mg)	0.1	0.5
Vit B12 (mg)	0.4	1.7
Vit C (mg)	12.2	50.2
Folate (µg)	17.9	73.8



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