

## Nutrition Information\*\*: Pumpkin Pasta with squash and thyme

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	90.1	440.3	22 %	2000 kcal
Fat (g)	1.5	7.2	10 %	70 g
of which saturates (g)	0.5	2.2	11 %	20 g
of which monounsaturates (g)	0.6	2.9		
of which polyunsaturates (g)	0.2	1.0		
Carbohydrates (g)	16.8	81.8		
of which sugars (g)	2.8	13.5	15 %	90 g
of which starch (g)	13.6	66.3		
Fibre (g)	0.2	1.1		
Protein (g)	3.5	17.3		
Salt (g)	0.1	0.6	11 %	6 g

The above recipe contains: 4 servings

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

Each serving( 489 g) contains:					KEY:
Energy 440.3 kcal 22 %	Fat 7.2 g 10 %	Saturates 2.2 g 11 %	Sugars 13.5 g 15 %	Salt 0.6 g 11 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 90.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	203.8	995.7
Calcium (mg)	42.8	209.2
Iron (mg)	0.7	3.4
Vit A (µg)	211.6	1033.6
Vit D (µg)	0.0	0.0
Vit E (mg)	0.9	4.4
Vit K (µg)	0.8	4.0
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.1	0.2
Vit C (mg)	7.7	37.8
Folate (µg)	15.4	75.5



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