

# Nutrition Information\*\* : Blackberry and Sloe Gin Hot Toddy

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	25.8	82.8	4 %	2000 kcal
Fat (g)	0.0	0.1	0 %	70 g
<i>of which saturates (g)</i>	0.0	0.0	0 %	20 g
<i>of which monounsaturates (g)</i>	0.0	0.0		
<i>of which polyunsaturates (g)</i>	0.0	0.0		
Carbohydrates (g)	2.1	6.6		
<i>of which sugars (g)</i>	2.1	6.6	7 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.0	0.0		
Protein (g)	0.1	0.4		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 2 servings

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

Each serving( 321 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
82.8 kcal	0.1 g	0.0 g	6.6 g	0.0 g	MEDIUM
4 %	0 %	0 %	7 %	0 %	HIGH

of an adults reference intake

Typical values per 100g: 25.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	20.9	67.1
Calcium (mg)	5.2	16.7
Iron (mg)	0.1	0.3
Vit A (µg)	1.6	5.2
Vit D (µg)	0.0	0.0
Vit E (mg)	0.3	0.9
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.0	0.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	1.9	6.0
Folate (µg)	4.2	13.6

