

## Nutrition Information\*\*: Warm water with lemon and honey

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	13.2	27.9	1 %	2000 kcal
Fat (g)	0.0	0.0	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)	3.4	7.1		
<i>of which sugars (g)</i>	3.4	7.1	8 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.0	0.0		
Protein (g)	0.1	0.3		
Salt (g)	0.1	0.3	5 %	6 g

The above recipe contains: 1 servings

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

Each serving( 211 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
27.9 kcal	0.0 g	0.0 g	7.1 g	0.3 g	MEDIUM
1 %	0 %	0 %	8 %	5 %	HIGH

of an adults reference intake

Typical values per 100g: 13.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	39.9	84.3
Calcium (mg)	2.7	5.7
Iron (mg)	0.1	0.1
Vit A (µg)	1.3	2.7
Vit D (µg)	0.0	0.0
Vit E (mg)	0.0	0.1
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.0	0.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	10.9	23.1
Folate (µg)	4.2	9.0



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