

Nutrition Information**: Baileys Irish Cream with Coffee

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	82.1	211.4	11 %	2000 kcal
Fat (g)	5.4	14.0	20 %	70 g
<i>of which saturates (g)</i>	3.4	8.7	44 %	20 g
<i>of which monounsaturates (g)</i>	1.4	3.5		
<i>of which polyunsaturates (g)</i>	0.2	0.5		
Carbohydrates (g)	5.4	14.0		
<i>of which sugars (g)</i>	5.6	14.4	16 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.1	0.3		
Protein (g)	0.4	0.9		
Salt (g)	0.0	0.1	1 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(258 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
211.4 kcal	14.0 g	8.7 g	14.4 g	0.1 g	MEDIUM
11 %	20 %	44 %	16 %	1 %	HIGH

of an adults reference intake

Typical values per 100g: 82.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	84.5	217.5
Calcium (mg)	9.0	23.2
Iron (mg)	0.1	0.3
Vit A (µg)	83.6	215.2
Vit D (µg)	0.0	0.1
Vit E (mg)	0.2	0.4
Vit K (µg)	0.7	1.7
Vit B6 (mg)	0.0	0.0
Vit B12 (mg)	0.1	0.2
Vit C (mg)	0.1	0.3
Folate (µg)	1.1	2.9



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