

Nutrition Information**: Roasted Cauliflower Salad with Lemon Herb Dressing

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	113.6	377.0	19 %	2000 kcal
Fat (g)	5.3	17.7	25 %	70 g
of which saturates (g)	0.8	2.5	13 %	20 g
of which monounsaturates (g)	3.2	10.7		
of which polyunsaturates (g)	0.9	3.0		
Carbohydrates (g)	12.7	42.3		
of which sugars (g)	4.3	14.4	16 %	90 g
of which starch (g)	7.4	24.6		
Fibre (g)	2.2	7.4		
Protein (g)	4.4	14.7		
Salt (g)	0.2	0.7	12 %	6 g

The above recipe contains: 4 servings

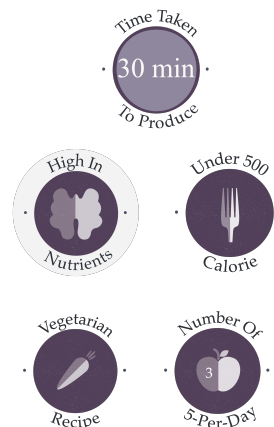
*Reference intake of an average adult (2000kcal)

Each serving(332 g) contains:					KEY:
Energy 377.0 kcal 19 %	Fat 17.7 g 25 %	Saturates 2.5 g 13 %	Sugars 14.4 g 16 %	Salt 0.7 g 12 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 113.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	301.0	999.4
Calcium (mg)	34.2	113.5
Iron (mg)	1.6	5.4
Vit A (µg)	19.6	64.9
Vit D (µg)	0.0	0.0
Vit E (mg)	1.3	4.2
Vit K (µg)	30.3	100.7
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	35.3	117.1
Folate (µg)	36.8	122.3



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