

## Nutrition Information\*\*: Spicy Chicken Soup

| By Debbie Jones (RNutr, MSc) | **-PROPER- Foodie** |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	102.4	469.7	23 %	2000 kcal
Fat (g)	2.2	10.0	14 %	70 g
of which saturates (g)	0.7	3.4	17 %	20 g
of which monounsaturates (g)	0.9	3.9		
of which polyunsaturates (g)	0.3	1.6		
Carbohydrates (g)	10.8	49.7		
of which sugars (g)	2.2	10.2	11 %	90 g
of which starch (g)	8.0	36.7		
Fibre (g)	0.7	3.1		
Protein (g)	10.7	49.0		
Salt (g)	0.1	0.6	10 %	6 g

The above recipe contains: 6 servings

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

Each serving( 459 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
469.7 kcal	10.0 g	3.4 g	10.2 g	0.6 g	MEDIUM
23 %	14 %	17 %	11 %	10 %	HIGH

of an adults reference intake

Typical values per 100g: 102.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	340.4	1561.0
Calcium (mg)	20.9	96.0
Iron (mg)	1.4	6.3
Vit A (µg)	32.4	148.6
Vit D (µg)	0.1	0.3
Vit E (mg)	0.5	2.1
Vit K (µg)	4.9	22.3
Vit B6 (mg)	0.2	0.9
Vit B12 (mg)	0.0	0.0
Vit C (mg)	6.6	30.4
Folate (µg)	11.9	54.4



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