

## Nutrition Information\*\*: Cuban Black Bean Rice

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	119.0	608.1	30 %	2000 kcal
Fat (g)	1.2	6.0	9 %	70 g
<i>of which saturates (g)</i>	0.2	1.0	5 %	20 g
<i>of which monounsaturates (g)</i>	0.5	2.7		
<i>of which polyunsaturates (g)</i>	0.1	0.7		
Carbohydrates (g)	21.4	109.6		
<i>of which sugars (g)</i>	1.8	9.3	10 %	90 g
<i>of which starch (g)</i>	12.2	62.5		
Fibre (g)	4.2	21.2		
Protein (g)	5.1	26.1		
Salt (g)	0.3	1.3	22 %	6 g

The above recipe contains: 2 servings

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

Each serving( 511 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
608.1 kcal	6.0 g	1.0 g	9.3 g	1.3 g	MEDIUM
30 %	9 %	5 %	10 %	22 %	HIGH

of an adults reference intake

Typical values per 100g: 119.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	766.0	3914.4
Calcium (mg)	91.8	469.3
Iron (mg)	4.5	22.9
Vit A (µg)	14.5	74.0
Vit D (µg)	0.0	0.0
Vit E (mg)	0.2	0.8
Vit K (µg)	6.4	32.8
Vit B6 (mg)	0.2	1.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	1.7	8.6
Folate (µg)	6.8	34.7



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