

## Nutrition Information\*\*: Mango avocado salad with lime

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	78.1	160.2	8 %	2000 kcal
Fat (g)	4.9	10.1	14 %	70 g
<i>of which saturates (g)</i>	1.0	2.1	11 %	20 g
<i>of which monounsaturates (g)</i>	3.0	6.1		
<i>of which polyunsaturates (g)</i>	0.6	1.2		
Carbohydrates (g)	7.8	16.1		
<i>of which sugars (g)</i>	6.9	14.2	16 %	90 g
<i>of which starch (g)</i>	0.1	0.3		
Fibre (g)	0.7	1.5		
Protein (g)	1.2	2.4		
Salt (g)	0.0	0.0	1 %	6 g

The above recipe contains: 2 servings

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

Each serving( 205 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
160.2 kcal	10.1 g	2.1 g	14.2 g	0.0 g	MEDIUM
8 %	14 %	11 %	16 %	1 %	HIGH

of an adults reference intake

Typical values per 100g: 78.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	263.5	540.2
Calcium (mg)	20.1	41.3
Iron (mg)	0.6	1.2
Vit A (µg)	109.8	225.1
Vit D (µg)	0.0	0.0
Vit E (mg)	1.4	2.9
Vit K (µg)	22.9	46.9
Vit B6 (mg)	0.2	0.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	25.0	51.4
Folate (µg)	10.5	21.5



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