

Nutrition Information**: Egg and Avo Pittas

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	182.1	365.9	18 %	2000 kcal
Fat (g)	9.9	19.8	28 %	70 g
<i>of which saturates (g)</i>	2.1	4.2	21 %	20 g
<i>of which monounsaturates (g)</i>	5.3	10.6		
<i>of which polyunsaturates (g)</i>	1.5	3.0		
Carbohydrates (g)	17.1	34.5		
<i>of which sugars (g)</i>	1.6	3.1	3 %	90 g
<i>of which starch (g)</i>	15.2	30.6		
Fibre (g)	0.7	1.3		
Protein (g)	7.3	14.6		
Salt (g)	0.5	1.1	18 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving of egg and avo pitta (201 g) contains:

Energy 365.9 kcal 18 %	Fat	Saturates	Sugars	Salt	KEY:
	19.8 g	4.2 g	3.1 g	1.1 g	LOW
	28 %	21 %	3 %	18 %	MEDIUM

of an adults reference intake

Typical values per 100g: 182.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	244.4	491.3
Calcium (mg)	63.7	128.1
Iron (mg)	1.3	2.5
Vit A (µg)	41.8	84.0
Vit D (µg)	1.0	1.9
Vit E (mg)	1.6	3.2
Vit K (µg)	1.3	2.6
Vit B6 (mg)	0.2	0.3
Vit B12 (mg)	0.8	1.7
Vit C (mg)	3.2	6.5
Folate (µg)	25.4	51.0

Time Taken
30 min
To Produce

Under 500
Calorie

Vegetarian
Recipe

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