

Nutrition Information**: 5 minute spicy guacamole

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	146.6	118.8	6 %	2000 kcal
Fat (g)	14.6	11.8	17 %	70 g
of which saturates (g)	3.1	2.5	12 %	20 g
of which monounsaturates (g)	9.0	7.3		
of which polyunsaturates (g)	1.7	1.4		
Carbohydrates (g)	2.4	1.9		
of which sugars (g)	1.3	1.1	1 %	90 g
of which starch (g)	0.0	0.0		
Fibre (g)	0.3	0.2		
Protein (g)	1.7	1.4		
Salt (g)	0.0	0.0	0 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

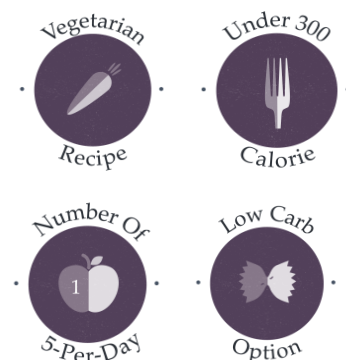
Each serving of guacamole (81 g) contains:

Energy 118.8 kcal 6 %	Fat	Saturates	Sugars	Salt	KEY:
	11.8 g	2.5 g	1.1 g	0.0 g	LOW
	17 %	12 %	1 %	0 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 146.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	411.5	333.4
Calcium (mg)	11.0	8.9
Iron (mg)	0.4	0.3
Vit A (µg)	49.1	39.8
Vit D (µg)	0.0	0.0
Vit E (mg)	2.6	2.1
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.3	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	17.4	14.1
Folate (µg)	14.3	11.6



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