

# Nutrition Information\*\*: Thai Red Curry Paste

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	68.3	32.6	2 %	2000 kcal
Fat (g)	3.7	1.8	3 %	70 g
<i>of which saturates (g)</i>	0.6	0.3	1 %	20 g
<i>of which monounsaturates (g)</i>	2.3	1.1		
<i>of which polyunsaturates (g)</i>	0.4	0.2		
Carbohydrates (g)	6.1	2.9		
<i>of which sugars (g)</i>	2.9	1.4	2 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.0	0.0		
Protein (g)	2.9	1.4		
Salt (g)	0.2	0.1	1 %	6 g

The above recipe contains: 4 servings of Thai red paste

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

Each serving( 48 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
32.6 kcal	1.8 g	0.3 g	1.4 g	0.1 g	MEDIUM
2 %	3 %	1 %	2 %	1 %	HIGH

of an adults reference intake

Typical values per 100g: 68.3 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	417.7	199.5
Calcium (mg)	58.2	27.8
Iron (mg)	2.1	1.0
Vit A (µg)	220.6	105.3
Vit D (µg)	0.0	0.0
Vit E (mg)	0.3	0.1
Vit K (µg)	1.8	0.9
Vit B6 (mg)	0.2	0.1
Vit B12 (mg)	0.0	0.0
Vit C (mg)	64.0	30.6
Folate (µg)	12.7	6.1



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