

Nutrition Information** : Blueberry Pancakes

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| Nutrition | | | | |
|-------------------------------------|---------------|--------------------|------|--------------------------|
| Typical values | 100g contains | A serving contains | %RI* | RI* for an average adult |
| Energy (kcal) | 173.0 | 414.4 | 21 % | 2000 kcal |
| Fat (g) | 9.2 | 21.9 | 31 % | 70 g |
| <i>of which saturates (g)</i> | 5.3 | 12.8 | 64 % | 20 g |
| <i>of which monounsaturates (g)</i> | 2.6 | 6.2 | | |
| <i>of which polyunsaturates (g)</i> | 0.5 | 1.1 | | |
| Carbohydrates (g) | 18.7 | 44.9 | | |
| <i>of which sugars (g)</i> | 5.8 | 14.0 | 16 % | 90 g |
| <i>of which starch (g)</i> | 12.9 | 30.9 | | |
| Fibre (g) | 0.9 | 2.1 | | |
| Protein (g) | 5.1 | 12.2 | | |
| Salt (g) | 0.3 | 0.7 | 12 % | 6 g |

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

| Each serving(240 g) contains: | | | | | KEY: |
|--------------------------------|--------|-----------|--------|-------|--------|
| Energy | Fat | Saturates | Sugars | Salt | LOW |
| 414.4 kcal | 21.9 g | 12.8 g | 14.0 g | 0.7 g | MEDIUM |
| 21 % | 31 % | 64 % | 16 % | 12 % | HIGH |

of an adults reference intake

Typical values per 100g: 173.0 kcal

| Vitamins and Minerals | | |
|-----------------------|---------------|-----------------------|
| Typical values | 100g contains | Each serving contains |
| Potassium (mg) | 140.8 | 337.1 |
| Calcium (mg) | 72.8 | 174.3 |
| Iron (mg) | 0.8 | 1.8 |
| Vit A (µg) | 103.3 | 247.3 |
| Vit D (µg) | 0.5 | 1.1 |
| Vit E (mg) | 0.7 | 1.8 |
| Vit K (µg) | 0.2 | 0.5 |
| Vit B6 (mg) | 0.1 | 0.1 |
| Vit B12 (mg) | 0.4 | 1.0 |
| Vit C (mg) | 6.1 | 14.5 |
| Folate (µg) | 20.2 | 48.5 |



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