

Nutrition Information**: Fish Biryani

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	135.6	480.5	24 %	2000 kcal
Fat (g)	2.0	6.9	10 %	70 g
<i>of which saturates (g)</i>	0.6	2.0	10 %	20 g
<i>of which monounsaturates (g)</i>	0.9	3.2		
<i>of which polyunsaturates (g)</i>	0.2	0.8		
Carbohydrates (g)	20.6	73.1		
<i>of which sugars (g)</i>	2.3	8.3	9 %	90 g
<i>of which starch (g)</i>	17.7	62.7		
Fibre (g)	0.7	2.5		
Protein (g)	10.6	37.4		
Salt (g)	0.2	0.6	11 %	6 g

The above recipe contains: 4 servings of fish biryani

*Reference intake of an average adult (2000kcal)

Each serving(354 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
480.5 kcal	6.9 g	2.0 g	8.3 g	0.6 g	MEDIUM
24 %	10 %	10 %	9 %	11 %	HIGH

of an adults reference intake

Typical values per 100g: 135.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	258.1	914.4
Calcium (mg)	56.6	200.6
Iron (mg)	0.9	3.3
Vit A (µg)	22.9	81.1
Vit D (µg)	0.0	0.0
Vit E (mg)	0.4	1.4
Vit K (µg)	1.0	3.4
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.7	2.4
Vit C (mg)	1.9	6.7
Folate (µg)	10.7	37.9

Time Taken
1 Hour
To Produce

UNDER 500 KCAL

GLUTEN FREE

HIGH IN PROTEIN

BETTER THAN TAKE-AWAYS

POST WORKOUT MEAL

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