

# Nutrition Information\*\*: Thai Red Curry

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	93.4	602.5	30 %	2000 kcal
Fat (g)	5.9	37.9	54 %	70 g
<i>of which saturates (g)</i>	4.2	27.4	137 %	20 g
<i>of which monounsaturates (g)</i>	0.4	2.8		
<i>of which polyunsaturates (g)</i>	0.1	0.9		
Carbohydrates (g)	4.3	27.9		
<i>of which sugars (g)</i>	3.0	19.5	22 %	90 g
<i>of which starch (g)</i>	1.3	8.3		
Fibre (g)	0.7	4.4		
Protein (g)	5.8	37.2		
Salt (g)	0.2	1.2	19 %	6 g

The above recipe contains: 2 servings of fish biryani

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

Each serving( 645 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
602.5 kcal	37.9 g	27.4 g	19.5 g	1.2 g	MEDIUM
30 %	54 %	137 %	22 %	19 %	HIGH

of an adults reference intake

Typical values per 100g: 93.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	199.4	1286.4
Calcium (mg)	12.7	81.6
Iron (mg)	0.6	4.1
Vit A (µg)	32.1	206.8
Vit D (µg)	0.0	0.3
Vit E (mg)	0.3	1.6
Vit K (µg)	1.1	6.8
Vit B6 (mg)	0.2	1.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	26.6	171.5
Folate (µg)	25.7	165.9



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