

## Nutrition Information\*\*: Chicken Noodle Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	98.1	467.2	23 %	2000 kcal
Fat (g)	4.5	21.6	31 %	70 g
<i>of which saturates (g)</i>	1.1	5.5	27 %	20 g
<i>of which monounsaturates (g)</i>	2.2	10.2		
<i>of which polyunsaturates (g)</i>	0.8	4.0		
Carbohydrates (g)	8.2	39.0		
<i>of which sugars (g)</i>	1.1	5.4	6 %	90 g
<i>of which starch (g)</i>	6.8	32.3		
Fibre (g)	0.3	1.6		
Protein (g)	6.6	31.4		
Salt (g)	0.2	1.2	20 %	6 g

The above recipe contains: 4 servings

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

Each serving( 476 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
467.2 kcal	21.6 g	5.5 g	5.4 g	1.2 g	MEDIUM
23 %	31 %	27 %	6 %	20 %	HIGH

of an adults reference intake

Typical values per 100g: 98.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	142.2	677.3
Calcium (mg)	27.7	132.0
Iron (mg)	0.8	3.6
Vit A (µg)	122.4	582.8
Vit D (µg)	0.1	0.3
Vit E (mg)	0.3	1.2
Vit K (µg)	10.1	48.1
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	4.4	20.8
Folate (µg)	11.4	54.5



1 HOUR TO PRODUCE



UNDER 500 KCAL



1 OF 5 A DAY



HIGH IN NUTRIENTS

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