

Nutrition Information** : Clam Chowder (starter portion)

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	132.0	445.7	22 %	2000 kcal
Fat (g)	9.1	30.7	44 %	70 g
<i>of which saturates (g)</i>	5.2	17.6	88 %	20 g
<i>of which monounsaturates (g)</i>	2.5	8.6		
<i>of which polyunsaturates (g)</i>	0.5	1.8		
Carbohydrates (g)	7.4	25.0		
<i>of which sugars (g)</i>	2.1	7.2	8 %	90 g
<i>of which starch (g)</i>	4.7	16.0		
Fibre (g)	0.7	2.5		
Protein (g)	4.4	15.0		
Salt (g)	0.4	1.5	25 %	6 g

The above recipe contains: 4 starter sized servings

*Reference intake of an average adult (2000kcal)

Each serving(338 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
445.7 kcal	30.7 g	17.6 g	7.2 g	1.5 g	MEDIUM
22 %	44 %	88 %	8 %	25 %	HIGH

of an adults reference intake

Typical values per 100g: 132.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	176.7	596.7
Calcium (mg)	37.8	127.6
Iron (mg)	0.6	2.1
Vit A (µg)	116.0	392.0
Vit D (µg)	0.1	0.3
Vit E (mg)	0.4	1.3
Vit K (µg)	8.9	30.0
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	2.6	8.7
Vit C (mg)	5.2	17.6
Folate (µg)	16.4	55.5



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