

Nutrition Information** : Creamy Cajun Chicken Pasta

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	107.2	514.6	26 %	2000 kcal
Fat (g)	1.9	9.2	13 %	70 g
<i>of which saturates (g)</i>	0.5	2.4	12 %	20 g
<i>of which monounsaturates (g)</i>	0.9	4.1		
<i>of which polyunsaturates (g)</i>	0.3	1.6		
Carbohydrates (g)	13.8	66.5		
<i>of which sugars (g)</i>	2.5	11.8	13 %	90 g
<i>of which starch (g)</i>	11.4	54.6		
Fibre (g)	1.3	6.4		
Protein (g)	9.7	46.6		
Salt (g)	0.1	0.3	6 %	6 g

The above recipe contains: 4 servings of chickn pasta

*Reference intake of an average adult (2000kcal)

Each serving(480 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
514.6 kcal	9.2 g	2.4 g	11.8 g	0.3 g	MEDIUM
26 %	13 %	12 %	13 %	6 %	HIGH

of an adults reference intake

Typical values per 100g: 107.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	278.6	1337.1
Calcium (mg)	24.3	116.6
Iron (mg)	1.1	5.1
Vit A (µg)	65.0	311.9
Vit D (µg)	0.1	0.5
Vit E (mg)	0.8	3.8
Vit K (µg)	8.6	41.1
Vit B6 (mg)	0.2	1.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	15.1	72.6
Folate (µg)	20.5	98.6



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