

## Nutrition Information\*\* : Creamy Mushroom Pasta

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	98.9	734.1	37 %	2000 kcal
Fat (g)	2.4	18.2	26 %	70 g
<i>of which saturates (g)</i>	1.4	10.4	52 %	20 g
<i>of which monounsaturates (g)</i>	0.6	4.2		
<i>of which polyunsaturates (g)</i>	0.2	1.4		
Carbohydrates (g)	15.5	115.0		
<i>of which sugars (g)</i>	2.1	15.8	18 %	90 g
<i>of which starch (g)</i>	13.3	98.3		
Fibre (g)	1.0	7.6		
Protein (g)	3.7	27.3		
Salt (g)	0.1	0.6	10 %	6 g

The above recipe contains: 2 servings of mushroom pasta

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

Each serving( 742 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
734.1 kcal	18.2 g	10.4 g	15.8 g	0.6 g	MEDIUM
37 %	26 %	52 %	18 %	10 %	HIGH

of an adults reference intake

Typical values per 100g: 98.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	154.9	1149.3
Calcium (mg)	63.5	471.2
Iron (mg)	0.5	3.8
Vit A (µg)	33.3	247.2
Vit D (µg)	0.0	0.1
Vit E (mg)	0.1	1.0
Vit K (µg)	5.7	42.3
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.3	1.9
Vit C (mg)	2.8	20.4
Folate (µg)	16.0	118.9



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