

## Nutrition Information\*\*: Italian Chicken Cacciatore

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	66.5	417.9	21 %	2000 kcal
Fat (g)	2.1	13.0	19 %	70 g
<i>of which saturates (g)</i>	0.4	2.2	11 %	20 g
<i>of which monounsaturates (g)</i>	1.2	7.6		
<i>of which polyunsaturates (g)</i>	0.3	1.6		
Carbohydrates (g)	2.7	17.0		
<i>of which sugars (g)</i>	1.9	11.8	13 %	90 g
<i>of which starch (g)</i>	0.8	4.9		
Fibre (g)	0.5	3.2		
Protein (g)	8.0	50.1		
Salt (g)	0.3	1.8	31 %	6 g

The above recipe contains: 4 servings of Chicken Cacciatore

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

Each serving( 629 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
417.9 kcal	13.0 g	2.2 g	11.8 g	1.8 g	MEDIUM
21 %	19 %	11 %	13 %	31 %	HIGH

of an adults reference intake

Typical values per 100g: 66.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	266.1	1672.9
Calcium (mg)	15.6	97.8
Iron (mg)	0.7	4.2
Vit A (µg)	30.2	189.9
Vit D (µg)	0.1	0.4
Vit E (mg)	0.8	4.9
Vit K (µg)	4.7	29.3
Vit B6 (mg)	0.2	1.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	6.8	42.8
Folate (µg)	14.7	92.7



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