

## Nutrition Information\*\*: Chicken and Leek Recipe

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	73.2	286.1	14 %	2000 kcal
Fat (g)	2.5	9.7	14 %	70 g
of which saturates (g)	1.0	3.9	20 %	20 g
of which monounsaturates (g)	1.0	4.0		
of which polyunsaturates (g)	0.2	0.9		
Carbohydrates (g)	2.5	9.6		
of which sugars (g)	1.0	3.7	4 %	90 g
of which starch (g)	1.4	5.3		
Fibre (g)	0.1	0.6		
Protein (g)	10.4	40.6		
Salt (g)	0.3	1.1	19 %	6 g

The above recipe contains: 4 servings

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

Each serving( 391 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
286.1 kcal	9.7 g	3.9 g	3.7 g	1.1 g	MEDIUM
14 %	14 %	20 %	4 %	19 %	HIGH

of an adults reference intake

Typical values per 100g: 73.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	210.5	822.4
Calcium (mg)	23.1	90.4
Iron (mg)	0.4	1.7
Vit A (µg)	17.3	67.7
Vit D (µg)	0.1	0.3
Vit E (mg)	0.3	1.1
Vit K (µg)	2.2	8.7
Vit B6 (mg)	0.3	1.1
Vit B12 (mg)	0.1	0.4
Vit C (mg)	3.5	13.6
Folate (µg)	16.3	63.6



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