

## Nutrition Information\*\* : Chicken Pesto Pasta

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	162.6	707.3	35 %	2000 kcal
Fat (g)	2.9	12.5	18 %	70 g
<i>of which saturates (g)</i>	0.8	3.4	17 %	20 g
<i>of which monounsaturates (g)</i>	1.2	5.1		
<i>of which polyunsaturates (g)</i>	0.6	2.6		
Carbohydrates (g)	18.6	81.0		
<i>of which sugars (g)</i>	1.5	6.3	7 %	90 g
<i>of which starch (g)</i>	16.9	73.7		
Fibre (g)	0.3	1.3		
Protein (g)	16.7	72.7		
Salt (g)	0.1	0.5	9 %	6 g

The above recipe contains: 2 servings

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

Each serving( 435 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
707.3 kcal	12.5 g	3.4 g	6.3 g	0.5 g	MEDIUM
35 %	18 %	17 %	7 %	9 %	HIGH

of an adults reference intake

Typical values per 100g: 162.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	306.1	1331.5
Calcium (mg)	20.8	90.5
Iron (mg)	0.9	3.9
Vit A (µg)	24.1	105.0
Vit D (µg)	0.1	0.6
Vit E (mg)	0.5	2.2
Vit K (µg)	13.0	56.7
Vit B6 (mg)	0.3	1.5
Vit B12 (mg)	0.0	0.0
Vit C (mg)	4.8	20.8
Folate (µg)	18.1	78.7



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