

Nutrition Information**: Beetroot and feta breakfast pot

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	121.9	197.5	10 %	2000 kcal
Fat (g)	7.5	12.1	17 %	70 g
of which saturates (g)	3.0	4.9	24 %	20 g
of which monounsaturates (g)	2.5	4.0		
of which polyunsaturates (g)	1.2	1.9		
Carbohydrates (g)	6.3	10.2		
of which sugars (g)	5.2	8.5	9 %	90 g
of which starch (g)	0.8	1.3		
Fibre (g)	0.0	0.0		
Protein (g)	7.6	12.3		
Salt (g)	1.2	1.9	32 %	6 g

The above recipe contains: 1 serving

*Reference intake of an average adult (2000kcal)

Each serving(162 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
197.5 kcal	12.1 g	4.9 g	8.5 g	1.9 g	MEDIUM
10 %	17 %	24 %	9 %	32 %	HIGH

of an adults reference intake

Typical values per 100g: 121.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	420.0	680.4
Calcium (mg)	107.8	174.6
Iron (mg)	1.4	2.3
Vit A (µg)	65.3	105.9
Vit D (µg)	0.1	0.2
Vit E (mg)	0.5	0.8
Vit K (µg)	18.0	29.1
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.2	0.3
Vit C (mg)	8.3	13.5
Folate (µg)	77.2	125.0

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