

## Nutrition Information\*\* : Green Bean Almondine

| By Debbie Jones (RNutr, MSc) | **-PROPER- Foodie** |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	224.1	182.6	9 %	2000 kcal
Fat (g)	21.4	17.5	25 %	70 g
of which saturates (g)	8.7	7.1	36 %	20 g
of which monounsaturates (g)	9.1	7.4		
of which polyunsaturates (g)	2.2	1.8		
Carbohydrates (g)	3.1	2.6		
of which sugars (g)	2.2	1.8	2 %	90 g
of which starch (g)	1.0	0.8		
Fibre (g)	2.1	1.7		
Protein (g)	4.8	3.9		
Salt (g)	0.6	0.5	8 %	6 g

The above recipe contains: 4 starter sized servings

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

Each serving( 82 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
182.6 kcal	17.5 g	7.1 g	1.8 g	0.5 g	MEDIUM
9 %	25 %	36 %	2 %	8 %	HIGH

of an adults reference intake

Typical values per 100g: 224.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	338.0	275.5
Calcium (mg)	87.4	71.2
Iron (mg)	1.2	1.0
Vit A (µg)	235.1	191.6
Vit D (µg)	0.1	0.1
Vit E (mg)	4.3	3.5
Vit K (µg)	25.1	20.4
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.0	0.0
Vit C (mg)	10.0	8.1
Folate (µg)	45.0	36.7



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