

## Nutrition Information\*\*: Sushi rolls

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	174.8	479.9	24 %	2000 kcal
Fat (g)	4.8	13.2	19 %	70 g
<i>of which saturates (g)</i>	1.0	2.7	13 %	20 g
<i>of which monounsaturates (g)</i>	2.2	6.2		
<i>of which polyunsaturates (g)</i>	1.0	2.9		
Carbohydrates (g)	25.5	70.0		
<i>of which sugars (g)</i>	1.5	4.2	5 %	90 g
<i>of which starch (g)</i>	23.8	65.3		
Fibre (g)	0.7	1.9		
Protein (g)	8.8	24.1		
Salt (g)	0.4	1.0	17 %	6 g

The above recipe contains: 4 servings

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

Each serving( 275 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
479.9 kcal	13.2 g	2.7 g	4.2 g	1.0 g	MEDIUM
24 %	19 %	13 %	5 %	17 %	HIGH

of an adults reference intake

Typical values per 100g: 174.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	262.4	720.4
Calcium (mg)	29.3	80.6
Iron (mg)	0.8	2.3
Vit A (µg)	69.2	189.9
Vit D (µg)	1.1	3.0
Vit E (mg)	0.7	2.0
Vit K (µg)	3.0	8.2
Vit B6 (mg)	0.2	0.5
Vit B12 (mg)	1.7	4.7
Vit C (mg)	12.7	34.8
Folate (µg)	16.3	44.9



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