

Nutrition Information** : Healthy Banana Bread

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	261.5	199.8	10 %	2000 kcal
Fat (g)	13.4	10.2	15 %	70 g
of which saturates (g)	1.8	1.4	7 %	20 g
of which monounsaturates (g)	7.4	5.6		
of which polyunsaturates (g)	3.2	2.4		
Carbohydrates (g)	30.0	22.9		
of which sugars (g)	13.5	10.3	11 %	90 g
of which starch (g)	16.6	12.7		
Fibre (g)	3.2	2.5		
Protein (g)	7.6	5.8		
Salt (g)	0.6	0.5	8 %	6 g

The above recipe contains: 10 servings

*Reference intake of an average adult (2000kcal)

Each serving(76 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
199.8 kcal	10.2 g	1.4 g	10.3 g	0.5 g	MEDIUM
10 %	15 %	7 %	11 %	8 %	HIGH

of an adults reference intake

Typical values per 100g: 261.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	294.8	225.2
Calcium (mg)	47.6	36.3
Iron (mg)	1.4	1.1
Vit A (µg)	21.3	16.3
Vit D (µg)	0.5	0.4
Vit E (mg)	2.7	2.0
Vit K (µg)	3.0	2.3
Vit B6 (mg)	0.3	0.2
Vit B12 (mg)	0.4	0.3
Vit C (mg)	2.8	2.1
Folate (µg)	24.4	18.6



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