

# Nutrition Information\*\*: Chinese Prawns Recipe

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	138.2	264.7	13 %	2000 kcal
Fat (g)	6.2	11.9	17 %	70 g
<i>of which saturates (g)</i>	1.0	1.9	9 %	20 g
<i>of which monounsaturates (g)</i>	2.1	4.1		
<i>of which polyunsaturates (g)</i>	2.7	5.1		
Carbohydrates (g)	8.8	16.8		
<i>of which sugars (g)</i>	4.7	9.0	10 %	90 g
<i>of which starch (g)</i>	4.2	8.1		
Fibre (g)	0.8	1.5		
Protein (g)	12.9	24.8		
Salt (g)	1.7	3.3	56 %	6 g

The above recipe contains: 2 servings (without rice)

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

Each serving( 192 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
264.7 kcal	11.9 g	1.9 g	9.0 g	3.3 g	MEDIUM
13 %	17 %	9 %	10 %	56 %	HIGH

of an adults reference intake

Typical values per 100g: 138.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	185.9	356.0
Calcium (mg)	52.9	101.4
Iron (mg)	1.4	2.7
Vit A (µg)	98.0	187.8
Vit D (µg)	0.0	0.0
Vit E (mg)	1.3	2.5
Vit K (µg)	0.0	0.1
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.8	1.6
Vit C (mg)	6.8	13.0
Folate (µg)	12.4	23.7



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