

Nutrition Information** : Italian Pasta Salad

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	134.4	397.9	20 %	2000 kcal
Fat (g)	5.5	16.2	23 %	70 g
of which saturates (g)	1.8	5.4	27 %	20 g
of which monounsaturates (g)	2.4	7.1		
of which polyunsaturates (g)	0.6	1.9		
Carbohydrates (g)	17.0	50.4		
of which sugars (g)	3.2	9.4	10 %	90 g
of which starch (g)	13.6	40.3		
Fibre (g)	3.2	9.6		
Protein (g)	5.3	15.8		
Salt (g)	0.3	0.9	15 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(296 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
397.9 kcal	16.2 g	5.4 g	9.4 g	0.9 g	MEDIUM
20 %	23 %	27 %	10 %	15 %	HIGH

of an adults reference intake

Typical values per 100g: 134.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	264.9	784.1
Calcium (mg)	69.9	207.0
Iron (mg)	1.4	4.2
Vit A (µg)	88.4	261.5
Vit D (µg)	0.0	0.1
Vit E (mg)	0.8	2.4
Vit K (µg)	7.7	22.7
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.2	0.5
Vit C (mg)	17.4	51.4
Folate (µg)	25.8	76.5



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