

Nutrition Information** : Sweet and Sour Plum Chicken

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	65.7	360.1	18 %	2000 kcal
Fat (g)	1.1	6.0	9 %	70 g
<i>of which saturates (g)</i>	0.2	1.1	6 %	20 g
<i>of which monounsaturates (g)</i>	0.6	3.2		
<i>of which polyunsaturates (g)</i>	0.2	0.9		
Carbohydrates (g)	4.9	26.7		
<i>of which sugars (g)</i>	4.7	25.6	28 %	90 g
<i>of which starch (g)</i>	0.2	0.9		
Fibre (g)	0.8	4.5		
Protein (g)	9.3	51.1		
Salt (g)	0.3	1.8	31 %	6 g

The above recipe contains: 2 servings

*Reference intake of an average adult (2000kcal)

Each serving(549 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
360.1 kcal	6.0 g	1.1 g	25.6 g	1.8 g	MEDIUM
18 %	9 %	6 %	28 %	31 %	HIGH

of an adults reference intake

Typical values per 100g: 65.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	270.1	1481.7
Calcium (mg)	13.0	71.2
Iron (mg)	0.6	3.1
Vit A (µg)	47.9	262.5
Vit D (µg)	0.1	0.4
Vit E (mg)	0.5	2.6
Vit K (µg)	2.0	11.2
Vit B6 (mg)	0.3	1.4
Vit B12 (mg)	0.0	0.0
Vit C (mg)	42.4	232.3
Folate (µg)	25.8	141.7



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