

Nutrition Information**: Avocado and eggs breakfast pot

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	132.4	291.3	15 %	2000 kcal
Fat (g)	10.6	23.4	33 %	70 g
of which saturates (g)	2.6	5.7	29 %	20 g
of which monounsaturates (g)	5.3	11.7		
of which polyunsaturates (g)	1.5	3.3		
Carbohydrates (g)	0.6	1.4		
of which sugars (g)	0.2	0.5	1 %	90 g
of which starch (g)	0.0	0.1		
Fibre (g)	0.1	0.3		
Protein (g)	8.6	18.9		
Salt (g)	0.2	0.5	8 %	6 g

The above recipe contains: 1 serving

*Reference intake of an average adult (2000kcal)

Each serving(220 g) contains:					KEY:
Energy 291.3 kcal 15 %	Fat 23.4 g 33 %	Saturates 5.7 g 29 %	Sugars 0.5 g 1 %	Salt 0.5 g 8 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 132.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	297.6	654.8
Calcium (mg)	49.6	109.2
Iron (mg)	1.4	3.2
Vit A (µg)	101.8	223.9
Vit D (µg)	1.7	3.8
Vit E (mg)	1.8	4.0
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.2	0.4
Vit B12 (mg)	1.1	2.4
Vit C (mg)	7.3	16.1
Folate (µg)	41.3	90.9

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