

Nutrition Information**: Christmas Cake Muffins with Homemade Sugared Pecans & Chocolate Stars

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	325.0	359.7	18 %	2000 kcal
Fat (g)	14.2	15.7	22 %	70 g
of which saturates (g)	7.3	8.0	40 %	20 g
of which monounsaturates (g)	4.6	5.1		
of which polyunsaturates (g)	1.0	1.1		
Carbohydrates (g)	45.8	50.6		
of which sugars (g)	36.5	40.4	45 %	90 g
of which starch (g)	9.3	10.3		
Fibre (g)	0.5	0.5		
Protein (g)	4.5	5.0		
Salt (g)	0.1	0.1	2 %	6 g

The above recipe contains: 18 servings

*Reference intake of an average adult (2000kcal)

Each serving (111 g) contains:

Energy 359.7 kcal 18 %	Each serving (111 g) contains:				KEY:
	Fat	Saturates	Sugars	Salt	LOW
	15.7 g	8.0 g	40.4 g	0.1 g	MEDIUM
	22 %	40 %	45 %	2 %	HIGH

of an adults reference intake

Typical values per 100g: 325.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	421.0	465.9
Calcium (mg)	68.8	76.2
Iron (mg)	1.8	2.0
Vit A (µg)	149.2	165.1
Vit D (µg)	0.5	0.6
Vit E (mg)	1.4	1.5
Vit K (µg)	1.0	1.1
Vit B6 (mg)	0.1	0.1
Vit B12 (mg)	0.4	0.4
Vit C (mg)	1.2	1.3
Folate (µg)	15.5	17.1

