

## Nutrition Information\*\*: Butternut Squash, Celery and Sage Soup (with feta and pistachio toppings)

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	56.9	401.7	20 %	2000 kcal
Fat (g)	2.9	20.3	29 %	70 g
of which saturates (g)	0.8	5.7	28 %	20 g
of which monounsaturates (g)	1.2	8.8		
of which polyunsaturates (g)	0.6	4.1		
Carbohydrates (g)	5.8	40.7		
of which sugars (g)	3.3	23.0	26 %	90 g
of which starch (g)	2.1	14.5		
Fibre (g)	0.5	3.8		
Protein (g)	2.4	17.2		
Salt (g)	0.2	1.7	29 %	6 g

The above recipe contains: 4 servings

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

Each serving( 706 g) contains:					KEY:
Energy 401.7 kcal 20 %	Fat 20.3 g	Saturates 5.7 g	Sugars 23.0 g	Salt 1.7 g	LOW
	29 %	28 %	26 %	29 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 56.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	253.2	1786.9
Calcium (mg)	53.6	378.3
Iron (mg)	0.6	4.2
Vit A (µg)	353.7	2496.2
Vit D (µg)	0.0	0.1
Vit E (mg)	1.2	8.6
Vit K (µg)	0.3	2.3
Vit B6 (mg)	0.1	0.7
Vit B12 (mg)	0.0	0.3
Vit C (mg)	12.3	86.7
Folate (µg)	19.3	136.5



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