

Nutrition Information**: Christmas Celeriac and Potato Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	60.2	208.6	10 %	2000 kcal
Fat (g)	2.4	8.1	12 %	70 g
of which saturates (g)	0.8	2.7	14 %	20 g
of which monounsaturates (g)	1.1	3.6		
of which polyunsaturates (g)	0.2	0.6		
Carbohydrates (g)	8.0	27.6		
of which sugars (g)	2.2	7.6	8 %	90 g
of which starch (g)	5.5	19.1		
Fibre (g)	0.9	3.0		
Protein (g)	2.2	7.6		
Salt (g)	0.3	0.9	15 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving(347 g) contains:					KEY:
Energy 208.6 kcal 10 %	Fat 8.1 g 12 %	Saturates 2.7 g 14 %	Sugars 7.6 g 8 %	Salt 0.9 g 15 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 60.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	263.3	912.4
Calcium (mg)	30.5	105.5
Iron (mg)	0.5	1.6
Vit A (µg)	11.3	39.1
Vit D (µg)	0.0	0.0
Vit E (mg)	0.1	0.4
Vit K (µg)	0.8	2.9
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	7.7	26.6
Folate (µg)	24.2	84.0

Time Taken
45 min
To Produce

Under 300
Calorie

Number Of
2
5-Per-Day

Vegetarian
Recipe

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