

Nutrition Information**: Chicken and Wild Rice Mulligatawny Soup

| By Debbie Gibson (RNutr, MSc) | -PROPER- Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	71.5	292.3	15 %	2000 kcal
Fat (g)	1.8	7.4	11 %	70 g
<i>of which saturates (g)</i>	0.4	1.5	7 %	20 g
<i>of which monounsaturates (g)</i>	0.9	3.5		
<i>of which polyunsaturates (g)</i>	0.3	1.0		
Carbohydrates (g)	8.8	36.0		
<i>of which sugars (g)</i>	2.1	8.6	10 %	90 g
<i>of which starch (g)</i>	5.9	24.1		
Fibre (g)	0.8	3.2		
Protein (g)	5.6	22.7		
Salt (g)	0.3	1.2	19 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving (409 g) contains:					KEY:
Energy 292.3 kcal 15 %	Fat 7.4 g	Saturates 1.5 g	Sugars 8.6 g	Salt 1.2 g	LOW
	11 %	7 %	10 %	19 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 71.5 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	134.3	548.6
Calcium (mg)	25.9	105.7
Iron (mg)	1.1	4.5
Vit A (µg)	123.7	505.5
Vit D (µg)	0.0	0.1
Vit E (mg)	0.2	0.6
Vit K (µg)	1.3	5.2
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	1.8	7.4
Folate (µg)	6.5	26.6

