

Nutrition Information**: Chilled Apple and Cinnamon Bircher with Apple Crisps

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Nutrition

Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	124.1	321.7	16 %	2000 kcal
Fat (g)	2.6	6.7	10 %	70 g
of which saturates (g)	1.1	2.8	14 %	20 g
of which monounsaturates (g)	0.9	2.3		
of which polyunsaturates (g)	0.4	1.0		
Carbohydrates (g)	24.4	63.2		
of which sugars (g)	19.3	50.0	56 %	90 g
of which starch (g)	5.1	13.2		
Fibre (g)	1.8	4.6		
Protein (g)	2.4	6.3		
Salt (g)	0.1	0.2	3 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(259 g) contains:

Energy 321.7 kcal 16 %	Fat	Saturates	Sugars	Salt	KEY:
	6.7 g	2.8 g	50.0 g	0.2 g	LOW
10 %	14 %	56 %	3 %	MEDIUM	
				HIGH	

of an adults reference intake

Typical values per 100g: 124.1 kcal

Vitamins and Minerals

Typical values	100g contains	Each serving contains
Potassium (mg)	198.4	514.4
Calcium (mg)	64.0	165.9
Iron (mg)	0.7	1.7
Vit A (µg)	17.5	45.4
Vit D (µg)	0.0	0.0
Vit E (mg)	0.3	0.8
Vit K (µg)	0.5	1.4
Vit B6 (mg)	0.1	0.2
Vit B12 (mg)	0.0	0.1
Vit C (mg)	7.9	20.5
Folate (µg)	10.1	26.3

Time Taken
30 min
To Produce

Under 500
Calorie

Vegetarian
Recipe

Number Of
1
5-Per-Day

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