

Nutrition Information**: Foil Pack Potatoes

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	105.8	196.8	10 %	2000 kcal
Fat (g)	4.5	8.4	12 %	70 g
<i>of which saturates (g)</i>	2.4	4.4	22 %	20 g
<i>of which monounsaturates (g)</i>	1.5	2.8		
<i>of which polyunsaturates (g)</i>	0.2	0.5		
Carbohydrates (g)	15.4	28.7		
<i>of which sugars (g)</i>	1.3	2.4	3 %	90 g
<i>of which starch (g)</i>	13.3	24.8		
Fibre (g)	2.4	4.4		
Protein (g)	1.8	3.4		
Salt (g)	0.2	0.4	7 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(186 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
196.8 kcal	8.4 g	4.4 g	2.4 g	0.4 g	MEDIUM
10 %	12 %	22 %	3 %	7 %	HIGH

of an adults reference intake

Typical values per 100g: 105.8 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	331.0	615.6
Calcium (mg)	36.6	68.0
Iron (mg)	0.8	1.5
Vit A (µg)	66.7	124.1
Vit D (µg)	0.0	0.1
Vit E (mg)	0.2	0.4
Vit K (µg)	15.5	28.8
Vit B6 (mg)	0.2	0.3
Vit B12 (mg)	0.0	0.0
Vit C (mg)	12.6	23.5
Folate (µg)	32.4	60.2



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