

Nutrition Information** : Hungarian Mushroom Soup

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	59.1	214.5	11 %	2000 kcal
Fat (g)	3.3	11.9	17 %	70 g
<i>of which saturates (g)</i>	2.0	7.1	36 %	20 g
<i>of which monounsaturates (g)</i>	0.7	2.6		
<i>of which polyunsaturates (g)</i>	0.2	0.8		
Carbohydrates (g)	4.9	17.9		
<i>of which sugars (g)</i>	2.7	9.9	11 %	90 g
<i>of which starch (g)</i>	2.1	7.7		
Fibre (g)	1.0	3.6		
Protein (g)	2.2	8.0		
Salt (g)	0.6	2.2	36 %	6 g

The above recipe contains: 4 servings of mushroom soup

*Reference intake of an average adult (2000kcal)

Each serving(363 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
214.5 kcal	11.9 g	7.1 g	9.9 g	2.2 g	MEDIUM
11 %	17 %	36 %	11 %	36 %	HIGH

of an adults reference intake

Typical values per 100g: 59.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	258.9	939.7
Calcium (mg)	53.3	193.6
Iron (mg)	1.2	4.4
Vit A (µg)	164.0	595.3
Vit D (µg)	0.0	0.1
Vit E (mg)	0.2	0.9
Vit K (µg)	7.8	28.4
Vit B6 (mg)	0.1	0.4
Vit B12 (mg)	0.1	0.5
Vit C (mg)	3.8	13.8
Folate (µg)	19.8	72.0



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