

## Nutrition Information\*\*: Pad Thai Noodles from Thai Taste

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	117.7	476.8	24 %	2000 kcal
Fat (g)	1.4	5.6	8 %	70 g
<i>of which saturates (g)</i>	0.2	0.9	5 %	20 g
<i>of which monounsaturates (g)</i>	0.6	2.3		
<i>of which polyunsaturates (g)</i>	0.2	0.7		
Carbohydrates (g)	18.5	74.9		
<i>of which sugars (g)</i>	5.7	23.0	26 %	90 g
<i>of which starch (g)</i>	0.1	0.4		
Fibre (g)	0.3	1.3		
Protein (g)	7.9	32.1		
Salt (g)	0.7	2.8	47 %	6 g

The above recipe contains: 2 servings

\*Reference intake of an average adult (2000kcal)

Each serving( 405 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
476.8 kcal	5.6 g	0.9 g	23.0 g	2.8 g	MEDIUM
24 %	8 %	5 %	26 %	47 %	HIGH

of an adults reference intake

Typical values per 100g: 117.7 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	119.4	483.6
Calcium (mg)	29.2	118.1
Iron (mg)	0.5	2.1
Vit A (µg)	54.7	221.4
Vit D (µg)	0.0	0.0
Vit E (mg)	0.9	3.5
Vit K (µg)	13.1	53.0
Vit B6 (mg)	0.1	0.5
Vit B12 (mg)	0.4	1.6
Vit C (mg)	33.6	136.1
Folate (µg)	14.5	58.8



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