

Nutrition Information** : Sesame Seed Chicken with quinoa

| By Debbie Jones (RNutr, MSc) | **-PROPER-** Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	114.1	472.6	24 %	2000 kcal
Fat (g)	3.0	12.3	18 %	70 g
of which saturates (g)	0.5	2.1	11 %	20 g
of which monounsaturates (g)	1.0	4.3		
of which polyunsaturates (g)	1.1	4.7		
Carbohydrates (g)	9.7	40.2		
of which sugars (g)	2.3	9.6	11 %	90 g
of which starch (g)	7.3	30.2		
Fibre (g)	1.2	4.9		
Protein (g)	13.0	53.9		
Salt (g)	0.7	2.9	48 %	6 g

The above recipe contains: 2 servings of sesame chicken with quinoa

*Reference intake of an average adult (2000kcal)

Each serving(414 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
472.6 kcal	12.3 g	2.1 g	9.6 g	2.9 g	MEDIUM
24 %	18 %	11 %	11 %	48 %	HIGH

of an adults reference intake

Typical values per 100g: 114.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	273.8	1133.6
Calcium (mg)	19.6	81.0
Iron (mg)	1.4	5.7
Vit A (µg)	37.1	153.5
Vit D (µg)	0.1	0.4
Vit E (mg)	0.1	0.5
Vit K (µg)	0.0	0.1
Vit B6 (mg)	0.2	1.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	0.1	0.5
Folate (µg)	7.7	31.9



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