

## Nutrition Information\*\*: Amarone Risotto

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

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	137.3	784.5	39 %	2000 kcal
Fat (g)	4.6	26.1	37 %	70 g
<i>of which saturates (g)</i>	2.7	15.6	78 %	20 g
<i>of which monounsaturates (g)</i>	1.1	6.4		
<i>of which polyunsaturates (g)</i>	0.2	1.3		
Carbohydrates (g)	16.6	94.6		
<i>of which sugars (g)</i>	1.3	7.2	8 %	90 g
<i>of which starch (g)</i>	15.0	85.5		
Fibre (g)	0.6	3.6		
Protein (g)	2.3	13.4		
Salt (g)	0.4	2.5	42 %	6 g

The above recipe contains: 2 servings

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

Each serving of risotto ( 572 g) contains:

Energy 784.5 kcal 39 %	Fat	Saturates	Sugars	Salt	KEY:
	26.1 g	15.6 g	7.2 g	2.5 g	LOW
37 %	78 %	8 %	42 %	MEDIUM	
				HIGH	

of an adults reference intake

Typical values per 100g: 137.3 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	96.2	550.1
Calcium (mg)	34.5	197.4
Iron (mg)	0.5	3.1
Vit A (µg)	61.6	351.9
Vit D (µg)	0.0	0.3
Vit E (mg)	0.2	1.0
Vit K (µg)	5.1	29.3
Vit B6 (mg)	0.1	0.3
Vit B12 (mg)	0.1	0.5
Vit C (mg)	2.3	13.2
Folate (µg)	6.3	36.2

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