

## Nutrition Information\*\*: Beef Brisket Burritos

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

### Nutrition

| Typical values               | 100g contains | A serving contains | %RI* | RI* for an average adult |
|------------------------------|---------------|--------------------|------|--------------------------|
| Energy (kcal)                | 167.2         | 898.8              | 45 % | 2000 kcal                |
| Fat (g)                      | 6.6           | 35.5               | 51 % | 70 g                     |
| of which saturates (g)       | 1.4           | 7.7                | 39 % | 20 g                     |
| of which monounsaturates (g) | 3.4           | 18.1               |      |                          |
| of which polyunsaturates (g) | 1.2           | 6.6                |      |                          |
| Carbohydrates (g)            | 18.1          | 97.4               |      |                          |
| of which sugars (g)          | 3.0           | 15.9               | 18 % | 90 g                     |
| of which starch (g)          | 14.9          | 79.9               |      |                          |
| Fibre (g)                    | 1.5           | 8.3                |      |                          |
| Protein (g)                  | 9.1           | 49.1               |      |                          |
| Salt (g)                     | 0.4           | 1.9                | 32 % | 6 g                      |

The above recipe contains: 6 servings

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

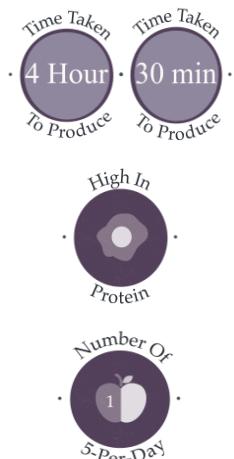
Each serving( 538 g) contains:

| Energy<br>898.8 kcal<br>45 % | Fat<br>35.5 g<br>51 % | Saturates<br>7.7 g<br>39 % | Sugars<br>15.9 g<br>18 % | Salt<br>1.9 g<br>32 % | KEY:   |
|------------------------------|-----------------------|----------------------------|--------------------------|-----------------------|--------|
|                              |                       |                            |                          |                       | LOW    |
|                              |                       |                            |                          |                       | MEDIUM |

of an adults reference intake

Typical values per 100g: 167.2 kcal

| Typical values | 100g contains | Each serving contains |
|----------------|---------------|-----------------------|
| Potassium (mg) | 202.3         | 1087.9                |
| Calcium (mg)   | 35.5          | 190.8                 |
| Iron (mg)      | 1.2           | 6.4                   |
| Vit A (µg)     | 135.3         | 727.4                 |
| Vit D (µg)     | 0.2           | 0.8                   |
| Vit E (mg)     | 1.2           | 6.3                   |
| Vit K (µg)     | 23.7          | 127.5                 |
| Vit B6 (mg)    | 0.2           | 1.3                   |
| Vit B12 (mg)   | 0.6           | 3.4                   |
| Vit C (mg)     | 7.6           | 40.9                  |
| Folate (µg)    | 18.6          | 99.9                  |



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