

Nutrition Information**: Beetroot Hummous

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	146.0	59.6	3 %	2000 kcal
Fat (g)	9.2	3.8	5 %	70 g
<i>of which saturates (g)</i>	1.3	0.5	3 %	20 g
<i>of which monounsaturates (g)</i>	5.0	2.0		
<i>of which polyunsaturates (g)</i>	2.3	1.0		
Carbohydrates (g)	11.1	4.5		
<i>of which sugars (g)</i>	3.0	1.2	1 %	90 g
<i>of which starch (g)</i>	7.6	3.1		
Fibre (g)	0.0	0.0		
Protein (g)	5.2	2.1		
Salt (g)	0.9	0.4	6 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving(41 g) contains:					KEY:
Energy 59.6 kcal 3 %	Fat 3.8 g 5 %	Saturates 0.5 g 3 %	Sugars 1.2 g 1 %	Salt 0.4 g 6 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 146.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	231.8	94.7
Calcium (mg)	63.7	26.0
Iron (mg)	1.5	0.6
Vit A (µg)	2.8	1.2
Vit D (µg)	0.0	0.0
Vit E (mg)	1.1	0.5
Vit K (µg)	2.8	1.2
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.0	0.0
Vit C (mg)	2.7	1.1
Folate (µg)	37.9	15.5



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