

## Nutrition Information\*\*: Chicken satay and quinoa salad

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	149.2	586.3	29 %	2000 kcal
Fat (g)	6.7	26.2	37 %	70 g
of which saturates (g)	1.4	5.5	28 %	20 g
of which monounsaturates (g)	2.6	10.3		
of which polyunsaturates (g)	2.1	8.4		
Carbohydrates (g)	10.8	42.4		
of which sugars (g)	2.4	9.5	11 %	90 g
of which starch (g)	7.8	30.8		
Fibre (g)	1.3	5.0		
Protein (g)	12.3	48.5		
Salt (g)	0.6	2.2	36 %	6 g

The above recipe contains: 2 servings  
\*Reference intake of an average adult (2000kcal)

Each portion chicken satay & quinoa ( 393 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
586.3 kcal	26.2 g	5.5 g	9.5 g	2.2 g	MEDIUM
29 %	37 %	28 %	11 %	36 %	HIGH

of an adults reference intake  
Typical values per 100g: 149.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	392.9	1544.2
Calcium (mg)	54.9	215.7
Iron (mg)	2.2	8.5
Vit A (µg)	150.8	592.7
Vit D (µg)	0.2	0.8
Vit E (mg)	0.7	2.9
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.3	1.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	7.1	27.7
Folate (µg)	17.7	69.4

