

Nutrition Information**: Italian Tigella Bread

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	107.3	109.0	5 %	2000 kcal
Fat (g)	1.5	1.5	2 %	70 g
of which saturates (g)	0.7	0.8	4 %	20 g
of which monounsaturates (g)	0.4	0.4		
of which polyunsaturates (g)	0.1	0.1		
Carbohydrates (g)	17.5	17.7		
of which sugars (g)	0.4	0.4	0 %	90 g
of which starch (g)	16.5	16.8		
Fibre (g)	0.8	0.8		
Protein (g)	7.2	7.3		
Salt (g)	0.2	0.2	3 %	6 g

The above recipe contains: 24 servings

*Reference intake of an average adult (2000kcal)

Each serving(101.54 g) contains:

Energy 109.0 kcal 5 %	Fat	Saturates	Sugars	Salt	KEY:
	1.5 g	0.8 g	0.4 g	0.2 g	LOW
	2 %	4 %	0 %	3 %	MEDIUM

of an adults reference intake

Typical values per 100g: 107.3 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	137.2	139.3
Calcium (mg)	27.0	27.5
Iron (mg)	0.6	0.6
Vit A (µg)	16.2	16.5
Vit D (µg)	0.1	0.1
Vit E (mg)	0.2	0.2
Vit K (µg)	0.2	0.2
Vit B6 (mg)	0.2	0.2
Vit B12 (mg)	0.0	0.0
Vit C (mg)	1.4	1.4
Folate (µg)	17.5	17.8



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

