

Nutrition Information**: Moroccan Meatballs with Giant Cous Cous and Roasted Veg

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	87.4	459.7	23 %	2000 kcal
Fat (g)	1.3	7.1	10 %	70 g
of which saturates (g)	0.3	1.6	8 %	20 g
of which monounsaturates (g)	0.4	2.4		
of which polyunsaturates (g)	0.3	1.8		
Carbohydrates (g)	11.2	59.0		
of which sugars (g)	2.5	13.3	15 %	90 g
of which starch (g)	7.3	38.4		
Fibre (g)	0.8	4.4		
Protein (g)	8.3	43.8		
Salt (g)	0.2	1.0	16 %	6 g

The above recipe contains: 4 servings
*Reference intake of an average adult (2000kcal)

Each serving(526 g) contains:					KEY:
Energy 459.7 kcal 23 %	Fat 7.1 g 10 %	Saturates 1.6 g 8 %	Sugars 13.3 g 15 %	Salt 1.0 g 16 %	LOW
					MEDIUM
					HIGH

of an adults reference intake
Typical values per 100g: 87.4 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	213.2	1120.9
Calcium (mg)	21.0	110.3
Iron (mg)	0.9	4.9
Vit A (µg)	18.8	98.8
Vit D (µg)	0.2	0.9
Vit E (mg)	0.3	1.6
Vit K (µg)	1.6	8.2
Vit B6 (mg)	0.2	1.1
Vit B12 (mg)	0.6	2.9
Vit C (mg)	3.0	15.7
Folate (µg)	15.2	80.1



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