

Nutrition Information**: Stuffed peppers with giant couscous in cheese sauce

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Nutrition

Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	92.6	319.1	16 %	2000 kcal
Fat (g)	3.7	12.8	18 %	70 g
of which saturates (g)	2.2	7.5	37 %	20 g
of which monounsaturates (g)	0.9	3.1		
of which polyunsaturates (g)	0.3	0.9		
Carbohydrates (g)	12.1	41.5		
of which sugars (g)	3.4	11.7	13 %	90 g
of which starch (g)	8.7	29.8		
Fibre (g)	1.5	5.3		
Protein (g)	3.7	12.7		
Salt (g)	0.3	0.9	15 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving(345 g) contains:

Energy 319.1 kcal 16 %	Fat	Saturates	Sugars	Salt	KEY:
	12.8 g	7.5 g	11.7 g	0.9 g	LOW
	18 %	37 %	13 %	15 %	MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 92.6 kcal

Vitamins and Minerals

Typical values	100g contains	Each serving contains
Potassium (mg)	170.3	587.1
Calcium (mg)	68.6	236.6
Iron (mg)	0.5	1.8
Vit A (µg)	103.2	355.8
Vit D (µg)	0.0	0.1
Vit E (mg)	0.5	1.7
Vit K (µg)	1.1	3.7
Vit B6 (mg)	0.1	0.5
Vit B12 (mg)	0.3	1.0
Vit C (mg)	55.2	190.2
Folate (µg)	39.0	134.4



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