

## Nutrition Information\*\*: Super Quick Chicken and Almond Curry

| By Debbie Gibson (RNutr, MSc) | **-PROPER-** Foodie |

Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	92.0	453.6	23 %	2000 kcal
Fat (g)	2.8	14.0	20 %	70 g
<i>of which saturates (g)</i>	0.9	4.3	21 %	20 g
<i>of which monounsaturates (g)</i>	1.2	6.0		
<i>of which polyunsaturates (g)</i>	0.4	2.0		
Carbohydrates (g)	2.6	12.9		
<i>of which sugars (g)</i>	2.1	10.5	12 %	90 g
<i>of which starch (g)</i>	0.2	0.8		
Fibre (g)	0.6	3.1		
Protein (g)	14.2	69.8		
Salt (g)	0.3	1.4	23 %	6 g

The above recipe contains: 2 servings

\*Reference intake of an average adult (2000kcal)

Each bowl of curry ( 493 g) contains:

Energy 453.6 kcal 23 %	Fat	Saturates	Sugars	Salt	KEY:
	14.0 g	4.3 g	10.5 g	1.4 g	LOW
	20 %	21 %	12 %	23 %	MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 92.0 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	351.0	1730.4
Calcium (mg)	22.5	111.0
Iron (mg)	1.3	6.3
Vit A (µg)	45.3	223.4
Vit D (µg)	0.1	0.6
Vit E (mg)	1.3	6.2
Vit K (µg)	11.9	58.5
Vit B6 (mg)	0.3	1.6
Vit B12 (mg)	0.0	0.0
Vit C (mg)	18.0	88.9
Folate (µg)	13.6	67.3

