

Nutrition Information**: Gingerbread Biscuits

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	421.2	128.7	6 %	2000 kcal
Fat (g)	15.8	4.8	7 %	70 g
<i>of which saturates (g)</i>	9.7	3.0	15 %	20 g
<i>of which monounsaturates (g)</i>	3.9	1.2		
<i>of which polyunsaturates (g)</i>	0.6	0.2		
Carbohydrates (g)	68.9	21.0		
<i>of which sugars (g)</i>	24.2	7.4	8 %	90 g
<i>of which starch (g)</i>	44.7	13.7		
Fibre (g)	2.5	0.8		
Protein (g)	5.3	1.6		
Salt (g)	0.4	0.1	2 %	6 g

The above recipe contains: 18 servings

*Reference intake of an average adult (2000kcal)

Each serving (31 g) contains:					KEY:
Energy 128.7 kcal 6 %	Fat 4.8 g 7 %	Saturates 3.0 g 15 %	Sugars 7.4 g 8 %	Salt 0.1 g 2 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 421.2 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	190.7	58.3
Calcium (mg)	81.1	24.8
Iron (mg)	3.1	0.9
Vit A (µg)	193.5	59.1
Vit D (µg)	0.2	0.1
Vit E (mg)	0.7	0.2
Vit K (µg)	1.8	0.5
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.1	0.0
Vit C (mg)	0.0	0.0
Folate (µg)	8.7	2.7

