

## Nutrition Information\*\*: Smoked salmon breakfast pot

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	143.1	136.0	7 %	2000 kcal
Fat (g)	9.7	9.2	13 %	70 g
<i>of which saturates (g)</i>	5.0	4.8	24 %	20 g
<i>of which monounsaturates (g)</i>	2.3	2.2		
<i>of which polyunsaturates (g)</i>	1.2	1.1		
Carbohydrates (g)	0.7	0.7		
<i>of which sugars (g)</i>	0.7	0.7	1 %	90 g
<i>of which starch (g)</i>	0.0	0.0		
Fibre (g)	0.5	0.5		
Protein (g)	13.3	12.6		
Salt (g)	1.7	1.7	28 %	6 g

The above recipe contains: 1 serving

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

Each serving( 95 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
136.0 kcal	9.2 g	4.8 g	0.7 g	1.7 g	MEDIUM
7 %	13 %	24 %	1 %	28 %	HIGH

of an adults reference intake

Typical values per 100g: 143.1 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	279.4	265.4
Calcium (mg)	184.8	175.6
Iron (mg)	0.5	0.5
Vit A (µg)	140.3	133.3
Vit D (µg)	3.0	2.8
Vit E (mg)	0.8	0.8
Vit K (µg)	0.0	0.0
Vit B6 (mg)	0.3	0.3
Vit B12 (mg)	1.4	1.3
Vit C (mg)	8.2	7.8
Folate (µg)	40.5	38.5

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