

Nutrition Information**: Frozen Salmon and Potato Traybake

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	92.3	309.1	15 %	2000 kcal
Fat (g)	2.6	8.6	12 %	70 g
<i>of which saturates (g)</i>	0.5	1.8	9 %	20 g
<i>of which monounsaturates (g)</i>	1.0	3.4		
<i>of which polyunsaturates (g)</i>	0.6	2.2		
Carbohydrates (g)	11.3	37.9		
<i>of which sugars (g)</i>	1.9	6.3	7 %	90 g
<i>of which starch (g)</i>	9.1	30.4		
Fibre (g)	1.4	4.8		
Protein (g)	6.7	22.3		
Salt (g)	0.0	0.1	2 %	6 g

The above recipe contains: 4 servings

*Reference intake of an average adult (2000kcal)

Each serving(335 g) contains:					KEY:
Energy	Fat	Saturates	Sugars	Salt	LOW
309.1 kcal	8.6 g	1.8 g	6.3 g	0.1 g	MEDIUM
15 %	12 %	9 %	7 %	2 %	HIGH

of an adults reference intake

Typical values per 100g: 92.3 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	351.8	1178.7
Calcium (mg)	15.2	51.1
Iron (mg)	0.4	1.5
Vit A (µg)	12.2	40.8
Vit D (µg)	2.1	7.1
Vit E (mg)	0.3	1.1
Vit K (µg)	0.5	1.5
Vit B6 (mg)	0.1	0.5
Vit B12 (mg)	1.6	5.4
Vit C (mg)	9.2	30.8
Folate (µg)	11.6	38.9



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