



Nutritional Report Supplement

Recipe Name : Fish Cakes With Capers
Created By : name
Created : January 19, 2015
Last Updated : February 26, 2015

Weight Per Portion

One portion of this dish weighs approximately 7,633.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	10,116	506	
Protein	1,558g	3,116	
Other Carbohydrate	7g	4	
Sugar	1g	1	
Fat Saturated	103g	516	
Fat Unsaturated	215g	430	
Fiber	4g	14	
Sodium	79g	3,176	
Salt	198g	3,308	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	11,549g	1,650	
Iron	252g	2,898	
Magnesium	3,141g	785	
Phosphorus	13,479g	2,451	
Potassium	29,315g	838	
Zinc	131g	1,374	
Copper	15g	1,275	
Manganese	6g	140	
Selenium	2,775mcg	5,045	
Vitamin C	1g	2	
Thiamin	4g	427	
Riboflavin	19g	1,477	
Niacin	1,063g	6,252	
Pantothenate Acid	46g	652	
Vitamin B6	8g	544	
Vitamin B12	48mcg	1,991	
Vitamin A	76mcg	0	
Vitamin E	43g	289	
Vitamin D	0mcg	1	
Folates	4mcg	0	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW Sugar	HIGH Salt
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The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.