



Nutritional Report Supplement

Recipe Name : A-Kidney Bean Curry

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 164.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	196	10	
Protein	4g	8	
Other Carbohydrate	9g	5	
Sugar	5g	5	
Fat Saturated	2g	9	
Fat Unsaturated	6g	11	
Fiber	2g	8	
Sodium	0g	9	
Salt	1g	9	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	54mg	8	
Iron	1mg	11	
Magnesium	27mg	7	
Phosphorus	72mg	13	
Potassium	306mg	9	
Zinc	0g	5	
Copper	0g	12	
Manganese	0g	7	
Selenium	1g	2	
Vitamin C	23g	57	
Thiamin	0g	25	
Riboflavin	0g	13	
Niacin	2g	9	
Pantothenate Acid	0g	4	
Vitamin B6	0g	12	
Vitamin B12	0mcg	1	
Vitamin A	19mcg	0	
Vitamin E	0mcg	1	
Vitamin D	0mcg	0	
Folates	39mcg	1	

Traffic Lights

MED Fat	LOW Saturates	LOW Sugar	LOW 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.