



Nutritional Report Supplement

Recipe Name : **Clam Chowder With Cod**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 248.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	251	13	
Protein	14g	27	
Other Carbohydrate	12g	7	
Sugar	6g	6	
Fat Saturated	9g	43	
Fat Unsaturated	5g	10	
Fiber	2g	9	
Sodium	0g	10	
Salt	1g	10	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	153mg	22	
Iron	3mg	32	
Magnesium	36mg	9	
Phosphorus	202mg	37	
Potassium	584mg	17	
Zinc	1g	12	
Copper	0g	28	
Manganese	0g	10	
Selenium	11g	21	
Vitamin C	14g	34	
Thiamin	0g	19	
Riboflavin	0g	20	
Niacin	2g	13	
Pantothenate Acid	1g	11	
Vitamin B6	0g	21	
Vitamin B12	1mcg	35	
Vitamin A	109mcg	1	
Vitamin E	0mcg	3	
Vitamin D	0mcg	2	
Folates	25mcg	1	

Traffic Lights

LOW Fat	HIGH 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.