



Nutritional Report Supplement

Recipe Name : **Crab Saffron And Leek Quiche**

Recipe Category:

Author : **Rick Stein**

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Weight Per Portion

One portion of this dish weighs approximately 292.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	565	28	
Protein	19g	39	
Other Carbohydrate	31g	18	
Sugar	3g	3	
Fat Saturated	22g	110	
Fat Unsaturated	13g	27	
Fiber	2g	7	
Sodium	1g	27	
Salt	2g	28	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	116mg	17	
Iron	2mg	26	
Magnesium	20mg	5	
Phosphorus	185mg	34	
Potassium	247mg	7	
Zinc	1g	11	
Copper	0g	9	
Manganese	0g	8	
Selenium	7g	13	
Vitamin C	7g	16	
Thiamin	0g	27	
Riboflavin	0g	23	
Niacin	1g	5	
Pantothenate Acid	1g	16	
Vitamin B6	0g	17	
Vitamin B12	1mcg	62	
Vitamin A	346mcg	2	
Vitamin E	2mcg	12	
Vitamin D	2mcg	11	
Folates	40mcg	1	

Traffic Lights

MED Fat	HIGH Saturates	LOW Sugar	MED 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.