



Nutritional Report Supplement

Recipe Name : Prawns With Spicy Dipping Sauce

Recipe Category:

Author : Nigella Lawson

Created : February 16, 2015

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Weight Per Portion

One portion of this dish weighs approximately 120.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	265	13	
Protein	15g	30	
Other Carbohydrate	0g	0	
Sugar	1g	2	
Fat Saturated	2g	9	
Fat Unsaturated	14g	29	
Fiber	0g	0	
Sodium	0g	0	
Salt	0g	0	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	1mg	0	
Iron	1mg	16	
Magnesium	29mg	7	
Phosphorus	152mg	28	
Potassium	290mg	8	
Zinc	1g	13	
Copper	0g	10	
Manganese	0g	1	
Selenium	13g	24	
Vitamin C	7g	18	
Thiamin	0g	4	
Riboflavin	0g	8	
Niacin	0g	3	
Pantothenate Acid	0g	2	
Vitamin B6	0g	4	
Vitamin B12	6mcg	243	
Vitamin A	0mcg	0	
Vitamin E	3mcg	17	
Vitamin D	0mcg	1	
Folates	1mcg	0	

Traffic Lights

MED Fat	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.