



Nutritional Report Supplement

Recipe Name : **Raspberry And Redcurrant Sorbet**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 417.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	449	22	
Protein	4g	8	
Other Carbohydrate	13g	8	
Sugar	101g	112	
Fat Saturated	0g	0	
Fat Unsaturated	1g	1	
Fiber	17g	66	
Sodium	0g	0	
Salt	0g	1	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	103mg	15	
Iron	4mg	41	
Magnesium	58mg	15	
Phosphorus	99mg	18	
Potassium	728mg	21	
Zinc	1g	12	
Copper	0g	33	
Manganese	1g	36	
Selenium	0g	1	
Vitamin C	110g	276	
Thiamin	0g	13	
Riboflavin	0g	13	
Niacin	1g	7	
Pantothenate Acid	1g	9	
Vitamin B6	0g	13	
Vitamin B12	0mcg	0	
Vitamin A	10mcg	0	
Vitamin E	2mcg	11	
Vitamin D	0mcg	0	
Folates	37mcg	1	

Traffic Lights

LOW Fat	LOW Saturates	HIGH 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.