



Nutritional Report Supplement

Recipe Name : **B-Shepherds Pie**

Recipe Category:

Author : **Gordon Ramsay**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 642.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	828	41	
Protein	44g	87	
Other Carbohydrate	43g	25	
Sugar	8g	9	
Fat Saturated	26g	129	
Fat Unsaturated	20g	40	
Fiber	6g	26	
Sodium	0g	19	
Salt	1g	19	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	210mg	30	
Iron	6mg	64	
Magnesium	104mg	26	
Phosphorus	584mg	106	
Potassium	1,712mg	49	
Zinc	8g	80	
Copper	1g	48	
Manganese	1g	14	
Selenium	11g	20	
Vitamin C	40g	99	
Thiamin	1g	94	
Riboflavin	1g	44	
Niacin	11g	62	
Pantothenate Acid	3g	48	
Vitamin B6	1g	106	
Vitamin B12	4mcg	176	
Vitamin A	392mcg	2	
Vitamin E	2mcg	13	
Vitamin D	2mcg	15	
Folates	131mcg	3	

Traffic Lights

Saturates	Sugar	Salt
-----------	-------	------

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.