Nutritional Report Supplement

Recipe Name : Boston Baked Beans
Recipe Category:
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Weight Per Portion
One portion of this dish weighs approximately 207.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	654	33	
Protein	25g	50	
Other Carbohydrate	41g	24	
Sugar	18g	20	
Fat Saturated	13g	66	
Fat Unsaturated	21g	42	
Fiber	15g	59	
Sodium	0g	6	
Salt	0g	7	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	219mg	31	
Iron	8mg	90	
Magnesium	177mg	44	
Phosphorus	350mg	64	
Potassium	1,303mg	37	
Zinc	3g	34	
Copper	1g	53	
Manganese	2g	52	
Selenium	16g	28	
Vitamin C	3g	7	
Thiamin	1g	74	
Riboflavin	0g	22	
Niacin	5g	31	
Pantothenate Acid	1g	11	
Vitamin B6	1g	43	
Vitamin B12	1mcg	23	
Vitamin A	2mcg	0	
Vitamin E	0mcg	3	
Vitamin D	0mcg	2	
Folates	8mcg	0	

Traffic Lights			
HIGH Fat	HIGH Saturates	HIGH Sugar	LOW 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.