Nutritional Report Supplement

Recipe Name : Sicilian Pasta With Tomatoes, Garlic And Almonds
Recipe Category:
Author : Nigella Lawson
Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 239.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	379	19	
Protein	24g	48	
Other Carbohydrate	22g	13	
Sugar	5g	5	
Fat Saturated	3g	15	
Fat Unsaturated	15g	30	
Fiber	1g	4	
Sodium	1g	39	
Salt	2g	40	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	167mg	24	
Iron	5mg	53	
Magnesium	79mg	20	
Phosphorus	258mg	47	
Potassium	580mg	17	
Zinc	2g	24	
Copper	0g	32	
Manganese	0g	11	
Selenium	31g	56	
Vitamin C	13g	32	
Thiamin	0g	30	
Riboflavin	0g	33	
Niacin	13g	79	
Pantothenate Acid	1g	11	
Vitamin B6	0g	14	
Vitamin B12	1mcg	27	
Vitamin A	67mcg	0	
Vitamin E	4mcg	27	
Vitamin D	0mcg	0	
Folates	66mcg	1	

Traffic Lights			
MED Fat	LOW Saturates	LOW Sugar	HIGH 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.