



## Nutritional Report Supplement

Recipe Name : **B-Oat-battered Kippers**  
 Author : **Jack Monroe**  
 Created : **February 16, 2015**  
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### Weight Per Portion

One portion of this dish weighs approximately 570.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	453	23	
Protein	12g	24	
Other Carbohydrate	50g	29	
Sugar	19g	21	
Fat Saturated	3g	15	
Fat Unsaturated	12g	25	
Fiber	7g	29	
Sodium	0g	7	
Salt	0g	7	

### Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	155mg	22	
Iron	3mg	39	
Magnesium	76mg	19	
Phosphorus	244mg	44	
Potassium	1,787mg	51	
Zinc	2g	19	
Copper	0g	32	
Manganese	2g	40	
Selenium	4g	8	
Vitamin C	69g	172	
Thiamin	1g	66	
Riboflavin	0g	14	
Niacin	2g	11	
Pantothenate Acid	1g	21	
Vitamin B6	1g	88	
Vitamin B12	0mcg	10	
Vitamin A	14mcg	0	
Vitamin E	2mcg	14	
Vitamin D	0mcg	0	
Folates	380mcg	8	

### Traffic Lights

<b>LOW</b> Fat	<b>LOW</b> Saturates	<b>HIGH</b> Sugar	<b>LOW</b> 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.