



Nutritional Report Supplement

Recipe Name : **Beautifully Cheesy Pasta Fonduta**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 131.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	372	19	
Protein	14g	28	
Other Carbohydrate	44g	26	
Sugar	3g	4	
Fat Saturated	6g	31	
Fat Unsaturated	7g	14	
Fiber	3g	14	
Sodium	0g	8	
Salt	0g	8	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	172mg	25	
Iron	3mg	38	
Magnesium	20mg	5	
Phosphorus	76mg	14	
Potassium	133mg	4	
Zinc	1g	6	
Copper	0g	11	
Manganese	0g	5	
Selenium	1g	3	
Vitamin C	20g	51	
Thiamin	0g	4	
Riboflavin	0g	8	
Niacin	0g	2	
Pantothenate Acid	0g	2	
Vitamin B6	0g	7	
Vitamin B12	0mcg	8	
Vitamin A	79mcg	0	
Vitamin E	1mcg	5	
Vitamin D	0mcg	1	
Folates	22mcg	0	

Traffic Lights

MED Fat	HIGH Saturates	LOW Sugar
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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.