



Nutritional Report Supplement

Recipe Name : Courgette And Goats Cheese Salad

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 567.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	375	19	
Protein	15g	29	
Other Carbohydrate	4g	3	
Sugar	10g	11	
Fat Saturated	8g	42	
Fat Unsaturated	20g	41	
Fiber	5g	21	
Sodium	0g	9	
Salt	1g	9	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	157mg	22	
Iron	4mg	43	
Magnesium	111mg	28	
Phosphorus	308mg	56	
Potassium	1,639mg	47	
Zinc	2g	22	
Copper	0g	25	
Manganese	1g	32	
Selenium	2g	3	
Vitamin C	89g	223	
Thiamin	1g	63	
Riboflavin	0g	18	
Niacin	2g	14	
Pantothenate Acid	1g	7	
Vitamin B6	1g	43	
Vitamin B12	0mcg	7	
Vitamin A	481mcg	3	
Vitamin E	4mcg	29	
Vitamin D	0mcg	1	
Folates	194mcg	4	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW Sugar	LOW 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.