



Nutritional Report Supplement

Recipe Name : A-Pumpkin Ravioli With Sage Butter

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 284.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	579	29	
Protein	20g	41	
Other Carbohydrate	45g	26	
Sugar	3g	3	
Fat Saturated	16g	78	
Fat Unsaturated	14g	29	
Fiber	3g	12	
Sodium	0g	16	
Salt	1g	17	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	239mg	34	
Iron	3mg	40	
Magnesium	41mg	10	
Phosphorus	333mg	61	
Potassium	294mg	8	
Zinc	3g	27	
Copper	0g	11	
Manganese	1g	27	
Selenium	12g	22	
Vitamin C	17g	43	
Thiamin	0g	38	
Riboflavin	0g	30	
Niacin	0g	2	
Pantothenate Acid	3g	40	
Vitamin B6	0g	13	
Vitamin B12	4mcg	152	
Vitamin A	383mcg	2	
Vitamin E	3mcg	22	
Vitamin D	3mcg	18	
Folates	79mcg	2	

Traffic Lights

MED 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.