



Nutritional Report Supplement

Recipe Name : **Chorizo And Chickpea Stew**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 683.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,151	58	
Protein	46g	93	
Other Carbohydrate	139g	82	
Sugar	24g	27	
Fat Saturated	10g	51	
Fat Unsaturated	16g	32	
Fiber	10g	42	
Sodium	2g	75	
Salt	5g	79	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	200mg	29	
Iron	12mg	134	
Magnesium	263mg	66	
Phosphorus	683mg	124	
Potassium	1,743mg	50	
Zinc	3g	27	
Copper	1g	89	
Manganese	2g	52	
Selenium	3g	5	
Vitamin C	60g	150	
Thiamin	1g	95	
Riboflavin	0g	24	
Niacin	9g	54	
Pantothenate Acid	1g	10	
Vitamin B6	0g	32	
Vitamin B12	0mcg	0	
Vitamin A	180mcg	1	
Vitamin E	6mcg	38	
Vitamin D	0mcg	0	
Folates	59mcg	1	

Traffic Lights

LOW Fat	HIGH Saturates	HIGH Sugar	HIGH 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.