



Nutritional Report Supplement

Recipe Name : **B-Orange Braised Lamb Shanks**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 313.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	244	12	
Protein	3g	6	
Other Carbohydrate	9g	6	
Sugar	8g	9	
Fat Saturated	2g	8	
Fat Unsaturated	10g	19	
Fiber	4g	14	
Sodium	0g	11	
Salt	1g	12	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	86mg	12	
Iron	3mg	31	
Magnesium	38mg	10	
Phosphorus	65mg	12	
Potassium	440mg	13	
Zinc	0g	5	
Copper	0g	11	
Manganese	0g	10	
Selenium	0g	1	
Vitamin C	55g	137	
Thiamin	0g	12	
Riboflavin	0g	8	
Niacin	1g	5	
Pantothenate Acid	0g	5	
Vitamin B6	0g	13	
Vitamin B12	0mcg	0	
Vitamin A	195mcg	1	
Vitamin E	2mcg	13	
Vitamin D	0mcg	0	
Folates	40mcg	1	

Traffic Lights

LOW 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.