



Nutritional Report Supplement

Recipe Name : Jam Roly Poly

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 130.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	435	22	
Protein	5g	11	
Other Carbohydrate	44g	26	
Sugar	18g	20	
Fat Saturated	11g	54	
Fat Unsaturated	8g	16	
Fiber	2g	6	
Sodium	0g	8	
Salt	1g	9	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	166mg	24	
Iron	1mg	15	
Magnesium	12mg	3	
Phosphorus	219mg	40	
Potassium	103mg	3	
Zinc	0g	5	
Copper	0g	9	
Manganese	0g	6	
Selenium	2g	4	
Vitamin C	1g	3	
Thiamin	0g	15	
Riboflavin	0g	6	
Niacin	1g	4	
Pantothenate Acid	0g	5	
Vitamin B6	0g	6	
Vitamin B12	0mcg	13	
Vitamin A	33mcg	0	
Vitamin E	1mcg	4	
Vitamin D	0mcg	1	
Folates	7mcg	0	

Traffic Lights

MED Fat	HIGH Saturates	HIGH 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.