



Nutritional Report Supplement

Recipe Name : **B-Hot Chocolate Fondant**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 139.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	554	28	
Protein	7g	14	
Other Carbohydrate	13g	8	
Sugar	23g	25	
Fat Saturated	27g	137	
Fat Unsaturated	13g	25	
Fiber	2g	8	
Sodium	0g	3	
Salt	0g	3	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	84mg	12	
Iron	3mg	31	
Magnesium	51mg	13	
Phosphorus	163mg	30	
Potassium	226mg	6	
Zinc	1g	13	
Copper	0g	32	
Manganese	0g	8	
Selenium	4g	7	
Vitamin C	0g	0	
Thiamin	0g	10	
Riboflavin	0g	19	
Niacin	0g	3	
Pantothenate Acid	1g	9	
Vitamin B6	0g	5	
Vitamin B12	1mcg	34	
Vitamin A	309mcg	2	
Vitamin E	1mcg	8	
Vitamin D	1mcg	6	
Folates	17mcg	0	

Traffic Lights

MED Fat	HIGH Saturates	HIGH 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.