



Nutritional Report Supplement

Recipe Name : **B-Classic Lasagne Al Forno**

Recipe Category:

Author : **Gordon Ramsay**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 567.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	898	45	
Protein	35g	71	
Other Carbohydrate	60g	35	
Sugar	17g	19	
Fat Saturated	18g	89	
Fat Unsaturated	29g	59	
Fiber	7g	27	
Sodium	0g	19	
Salt	1g	20	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	390mg	56	
Iron	4mg	44	
Magnesium	95mg	24	
Phosphorus	543mg	99	
Potassium	1,108mg	32	
Zinc	6g	60	
Copper	0g	34	
Manganese	1g	24	
Selenium	12g	22	
Vitamin C	26g	64	
Thiamin	1g	63	
Riboflavin	0g	37	
Niacin	7g	43	
Pantothenate Acid	1g	20	
Vitamin B6	1g	51	
Vitamin B12	2mcg	102	
Vitamin A	411mcg	2	
Vitamin E	5mcg	31	
Vitamin D	1mcg	5	
Folates	87mcg	2	

Traffic Lights

HIGH Fat	HIGH Saturates	HIGH Sugar	LOW Salt
-------------------------------	-------------------------------------	---------------------------------	-------------------------------

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.