



Nutritional Report Supplement

Recipe Name : **B-Chicken Tikka Masala**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 479.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	565	28	
Protein	19g	38	
Other Carbohydrate	87g	51	
Sugar	12g	13	
Fat Saturated	2g	10	
Fat Unsaturated	7g	14	
Fiber	3g	12	
Sodium	0g	4	
Salt	0g	4	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	84mg	12	
Iron	3mg	37	
Magnesium	40mg	10	
Phosphorus	198mg	36	
Potassium	639mg	18	
Zinc	1g	11	
Copper	0g	16	
Manganese	0g	12	
Selenium	6g	12	
Vitamin C	29g	72	
Thiamin	0g	18	
Riboflavin	0g	12	
Niacin	4g	22	
Pantothenate Acid	1g	8	
Vitamin B6	0g	29	
Vitamin B12	0mcg	6	
Vitamin A	89mcg	0	
Vitamin E	3mcg	18	
Vitamin D	0mcg	0	
Folates	41mcg	1	

Traffic Lights

LOW Fat	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.