



Nutritional Report Supplement

Recipe Name : Potatoes Mozzarella Rosemary Thyme And Tomato Pizza Topping

Recipe Category:

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Created : February 16, 2015

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Weight Per Portion

One portion of this dish weighs approximately 233.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	409	20	
Protein	10g	19	
Other Carbohydrate	37g	22	
Sugar	2g	3	
Fat Saturated	6g	28	
Fat Unsaturated	15g	29	
Fiber	2g	7	
Sodium	0g	8	
Salt	1g	9	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	471mg	67	
Iron	8mg	96	
Magnesium	86mg	21	
Phosphorus	163mg	30	
Potassium	796mg	23	
Zinc	2g	20	
Copper	0g	25	
Manganese	0g	8	
Selenium	4g	8	
Vitamin C	28g	70	
Thiamin	0g	28	
Riboflavin	0g	8	
Niacin	1g	6	
Pantothenate Acid	1g	9	
Vitamin B6	1g	52	
Vitamin B12	1mcg	24	
Vitamin A	127mcg	1	
Vitamin E	2mcg	15	
Vitamin D	0mcg	1	
Folates	43mcg	1	

Traffic Lights

MED Fat	MED 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.