



Nutritional Report Supplement

Recipe Name : B-Aromatic Pork Belly Hotpot
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Weight Per Portion

One portion of this dish weighs approximately 401.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,355	68	
Protein	26g	52	
Other Carbohydrate	3g	2	
Sugar	7g	7	
Fat Saturated	48g	242	
Fat Unsaturated	76g	152	
Fiber	1g	3	
Sodium	2g	69	
Salt	4g	72	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	50mg	7	
Iron	3mg	31	
Magnesium	29mg	7	
Phosphorus	310mg	56	
Potassium	632mg	18	
Zinc	3g	29	
Copper	0g	14	
Manganese	0g	4	
Selenium	20g	37	
Vitamin C	7g	16	
Thiamin	1g	114	
Riboflavin	1g	50	
Niacin	12g	73	
Pantothenate Acid	1g	10	
Vitamin B6	0g	25	
Vitamin B12	2mcg	88	
Vitamin A	15mcg	0	
Vitamin E	1mcg	8	
Vitamin D	1mcg	8	
Folates	22mcg	0	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW Sugar	HIGH 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.