



Nutritional Report Supplement

Recipe Name : **Roast Chicken With Dates Olives And Capers**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 596.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,154	58	
Protein	93g	185	
Other Carbohydrate	3g	2	
Sugar	14g	16	
Fat Saturated	20g	98	
Fat Unsaturated	54g	107	
Fiber	2g	7	
Sodium	1g	47	
Salt	3g	49	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	93mg	13	
Iron	6mg	66	
Magnesium	132mg	33	
Phosphorus	573mg	104	
Potassium	1,900mg	54	
Zinc	7g	76	
Copper	0g	30	
Manganese	0g	8	
Selenium	65g	119	
Vitamin C	3g	7	
Thiamin	1g	69	
Riboflavin	1g	107	
Niacin	25g	147	
Pantothenate Acid	5g	73	
Vitamin B6	1g	87	
Vitamin B12	5mcg	208	
Vitamin A	160mcg	1	
Vitamin E	3mcg	17	
Vitamin D	3mcg	17	
Folates	47mcg	1	

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.