Nutritional Report Supplement

Recipe Name : A-Italian Christmas Pudding Cake
Recipe Category:
Author : Nigella Lawson
Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 84.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	336	17	
Protein	5g	9	
Other Carbohydrate	2g	1	
Sugar	7g	7	
Fat Saturated	14g	71	
Fat Unsaturated	15g	30	
Fiber	1g	3	
Sodium	0g	16	
Salt	1g	17	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	59mg	8	
Iron	0mg	5	
Magnesium	11mg	3	
Phosphorus	63mg	11	
Potassium	102mg	3	
Zinc	0g	3	
Copper	0g	9	
Manganese	0g	2	
Selenium	2g	4	
Vitamin C	1g	2	
Thiamin	0g	8	
Riboflavin	0g	7	
Niacin	0g	1	
Pantothenate Acid	0g	4	
Vitamin B6	0g	10	
Vitamin B12	0mcg	14	
Vitamin A	166mcg	1	
Vitamin E	1mcg	4	
Vitamin D	0mcg	2	
Folates	9mcg	0	

Traffic Lights		
HIGH Saturates	MED Sugar	MED 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.