



Nutritional Report Supplement

Recipe Name : **Real Vanilla Ice Cream**
Recipe Category:
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Created : **February 16, 2015**
Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 203.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	762	38	
Protein	5g	10	
Other Carbohydrate	0g	0	
Sugar	28g	32	
Fat Saturated	42g	209	
Fat Unsaturated	22g	44	
Fiber	0g	0	
Sodium	0g	1	
Salt	0g	2	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	85mg	12	
Iron	1mg	15	
Magnesium	10mg	2	
Phosphorus	157mg	29	
Potassium	102mg	3	
Zinc	1g	11	
Copper	0g	5	
Manganese	0g	1	
Selenium	7g	13	
Vitamin C	1g	3	
Thiamin	0g	9	
Riboflavin	0g	26	
Niacin	0g	0	
Pantothenate Acid	1g	16	
Vitamin B6	0g	5	
Vitamin B12	2mcg	85	
Vitamin A	1,134mcg	6	
Vitamin E	3mcg	17	
Vitamin D	1mcg	9	
Folates	33mcg	1	

Traffic Lights

HIGH Fat	HIGH Saturates	HIGH 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.