



Nutritional Report Supplement

Recipe Name : **Fish Stock**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 1,018.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	153	8	
Protein	8g	17	
Other Carbohydrate	9g	5	
Sugar	7g	8	
Fat Saturated	0g	1	
Fat Unsaturated	0g	1	
Fiber	4g	16	
Sodium	1g	60	
Salt	4g	63	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	107mg	15	
Iron	3mg	34	
Magnesium	40mg	10	
Phosphorus	155mg	28	
Potassium	626mg	18	
Zinc	1g	8	
Copper	0g	25	
Manganese	0g	10	
Selenium	3g	5	
Vitamin C	19g	47	
Thiamin	0g	28	
Riboflavin	0g	11	
Niacin	1g	8	
Pantothenate Acid	1g	11	
Vitamin B6	0g	33	
Vitamin B12	0mcg	0	
Vitamin A	296mcg	2	
Vitamin E	1mcg	5	
Vitamin D	0mcg	0	
Folates	65mcg	1	

Traffic Lights

LOW Fat	LOW 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.