



Nutritional Report Supplement

Recipe Name : A-Lamb Cutlets With Mint Chilli And Golden Potatoes

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 171.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	196	10	
Protein	3g	6	
Other Carbohydrate	19g	11	
Sugar	2g	2	
Fat Saturated	2g	9	
Fat Unsaturated	10g	19	
Fiber	2g	7	
Sodium	0g	18	
Salt	1g	19	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	23mg	3	
Iron	1mg	12	
Magnesium	20mg	5	
Phosphorus	49mg	9	
Potassium	436mg	12	
Zinc	0g	3	
Copper	0g	10	
Manganese	0g	5	
Selenium	0g	0	
Vitamin C	26g	65	
Thiamin	0g	22	
Riboflavin	0g	3	
Niacin	1g	4	
Pantothenate Acid	0g	7	
Vitamin B6	1g	40	
Vitamin B12	0mcg	0	
Vitamin A	21mcg	0	
Vitamin E	2mcg	13	
Vitamin D	0mcg	0	
Folates	41mcg	1	

Traffic Lights

MED Fat	LOW Saturates	LOW Sugar	MED 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.