



## Nutritional Report Supplement

Recipe Name : **Spicy Lentil Soup With Squash Tomato And Green Beans**

Recipe Category:

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### Weight Per Portion

One portion of this dish weighs approximately 153.00 Grams

### Nutritional Information Per Portion

|                    | Content | %GDA |  |
|--------------------|---------|------|--|
| Energy Kcal        | 194     | 10   |  |
| Protein            | 6g      | 12   |  |
| Other Carbohydrate | 15g     | 9    |  |
| Sugar              | 5g      | 5    |  |
| Fat Saturated      | 1g      | 7    |  |
| Fat Unsaturated    | 9g      | 18   |  |
| Fiber              | 3g      | 10   |  |
| Sodium             | 0g      | 18   |  |
| Salt               | 1g      | 18   |  |

### Vitamins and Minerals (Per portion)

|                   | Content | %GDA |  |
|-------------------|---------|------|--|
| Calcium           | 119mg   | 17   |  |
| Iron              | 2mg     | 27   |  |
| Magnesium         | 54mg    | 14   |  |
| Phosphorus        | 101mg   | 18   |  |
| Potassium         | 514mg   | 15   |  |
| Zinc              | 1g      | 9    |  |
| Copper            | 0g      | 26   |  |
| Manganese         | 0g      | 10   |  |
| Selenium          | 1g      | 2    |  |
| Vitamin C         | 12g     | 31   |  |
| Thiamin           | 0g      | 27   |  |
| Riboflavin        | 0g      | 7    |  |
| Niacin            | 1g      | 7    |  |
| Pantothenate Acid | 0g      | 3    |  |
| Vitamin B6        | 0g      | 8    |  |
| Vitamin B12       | 0mcg    | 0    |  |
| Vitamin A         | 253mcg  | 1    |  |
| Vitamin E         | 1mcg    | 3    |  |
| Vitamin D         | 0mcg    | 0    |  |
| Folates           | 51mcg   | 1    |  |

### Traffic Lights

|                |                      |                  |                 |
|----------------|----------------------|------------------|-----------------|
| <b>MED</b> Fat | <b>LOW</b> Saturates | <b>LOW</b> Sugar | <b>MED</b> 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.