



Nutritional Report Supplement

Recipe Name : **Gorgeous Dinner Of Porchetta Stuffed With Wild Mushrooms Celeriac Mash And Gravy**
 Recipe Category:
 Author : **Jamie Oliver**
 Created : **February 16, 2015**
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Weight Per Portion

One portion of this dish weighs approximately 599.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	921	46	
Protein	63g	126	
Other Carbohydrate	17g	10	
Sugar	5g	6	
Fat Saturated	23g	115	
Fat Unsaturated	37g	75	
Fiber	6g	24	
Sodium	0g	14	
Salt	1g	14	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	160mg	23	
Iron	4mg	43	
Magnesium	112mg	28	
Phosphorus	673mg	122	
Potassium	1,766mg	50	
Zinc	5g	52	
Copper	0g	31	
Manganese	1g	14	
Selenium	35g	63	
Vitamin C	35g	88	
Thiamin	3g	324	
Riboflavin	1g	51	
Niacin	17g	99	
Pantothenate Acid	3g	49	
Vitamin B6	2g	168	
Vitamin B12	3mcg	128	
Vitamin A	47mcg	0	
Vitamin E	1mcg	9	
Vitamin D	3mcg	18	
Folates	74mcg	1	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW 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.