Nutritional Report Supplement

Recipe Name : Caramelised Button Sprouts And Shallots With Sherry Vinegar
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 134.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	90	4	
Protein	4g	8	
Other Carbohydrate	5g	3	
Sugar	3g	3	
Fat Saturated	2g	9	
Fat Unsaturated	2g	5	
Fiber	4g	14	
Sodium	0g	3	
Salt	0g	3	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	33mg	5	
Iron	1mg	10	
Magnesium	12mg	3	
Phosphorus	83mg	15	
Potassium	476mg	14	
Zinc	1g	6	
Copper	0g	3	
Manganese	0g	6	
Selenium	0g	1	
Vitamin C	103g	256	
Thiamin	0g	16	
Riboflavin	0g	8	
Niacin	0g	1	
Pantothenate Acid	1g	14	
Vitamin B6	0g	29	
Vitamin B12	0mcg	0	
Vitamin A	32mcg	0	
Vitamin E	1mcg	7	
Vitamin D	0mcg	0	
Folates	118mcg	2	

Traffic Lights			
LOW Fat	LOW Saturates	LOW Sugar	LOW 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.