



Nutritional Report Supplement

Recipe Name : Strawberry Gelati Italian Style

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 226.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	213	11	
Protein	1g	3	
Other Carbohydrate	1g	1	
Sugar	54g	60	
Fat Saturated	0g	0	
Fat Unsaturated	0g	0	
Fiber	2g	8	
Sodium	0g	1	
Salt	0g	1	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	29mg	4	
Iron	1mg	10	
Magnesium	18mg	4	
Phosphorus	42mg	8	
Potassium	289mg	8	
Zinc	0g	2	
Copper	0g	12	
Manganese	1g	13	
Selenium	0g	0	
Vitamin C	135g	337	
Thiamin	0g	6	
Riboflavin	0g	4	
Niacin	1g	6	
Pantothenate Acid	1g	8	
Vitamin B6	0g	8	
Vitamin B12	0mcg	0	
Vitamin A	2mcg	0	
Vitamin E	0mcg	2	
Vitamin D	0mcg	0	
Folates	37mcg	1	

Traffic Lights

LOW Fat	LOW Saturates	HIGH 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.