Nutritional Report Supplement

Recipe Name : Creme Brulee
Recipe Category:
Author : Jamie Oliver
Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 156.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	355	18	
Protein	3g	5	
Other Carbohydrate	0g	0	
Sugar	24g	27	
Fat Saturated	17g	85	
Fat Unsaturated	8g	16	
Fiber	1g	3	
Sodium	0g	1	
Salt	0g	1	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	113mg	16	
Iron	0mg	3	
Magnesium	13mg	3	
Phosphorus	72mg	13	
Potassium	232mg	7	
Zinc	0g	4	
Copper	0g	4	
Manganese	0g	3	
Selenium	2g	4	
Vitamin C	4g	10	
Thiamin	0g	4	
Riboflavin	0g	15	
Niacin	0g	1	
Pantothenate Acid	0g	6	
Vitamin B6	0g	3	
Vitamin B12	1mcg	29	
Vitamin A	438mcg	2	
Vitamin E	1mcg	6	
Vitamin D	0mcg	1	
Folates	11mcg	0	

Traffic Lights			
MED Fat	HIGH Saturates	HIGH 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.