Nutritional Report Supplement

Recipe Name : Stir-Fried Chinese Greens With Ginger Oyster And Soy Sauce
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 90.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	108	5	
Protein	2g	4	
Other Carbohydrate	3g	2	
Sugar	1g	1	
Fat Saturated	1g	5	
Fat Unsaturated	9g	17	
Fiber	1g	5	
Sodium	0g	18	
Salt	1g	18	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	71mg	10	
Iron	1mg	16	
Magnesium	37mg	9	
Phosphorus	31mg	6	
Potassium	290mg	8	
Zinc	0g	3	
Copper	0g	6	
Manganese	0g	9	
Selenium	1g	1	
Vitamin C	25g	63	
Thiamin	0g	5	
Riboflavin	0g	7	
Niacin	1g	3	
Pantothenate Acid	0g	1	
Vitamin B6	0g	9	
Vitamin B12	0mcg	10	
Vitamin A	228mcg	1	
Vitamin E	1mcg	5	
Vitamin D	0mcg	0	
Folates	88mcg	2	

Traffic Lights			
MED Fat	LOW Saturates	LOW Sugar	MED 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.