



## Nutritional Report Supplement

Recipe Name : **Slow Roasted Duck**

Recipe Category:

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### Weight Per Portion

One portion of this dish weighs approximately 638.00 Grams

### Nutritional Information Per Portion

|                    | Content | %GDA |  |
|--------------------|---------|------|--|
| Energy Kcal        | 573     | 29   |  |
| Protein            | 78g     | 157  |  |
| Other Carbohydrate | 15g     | 9    |  |
| Sugar              | 8g      | 9    |  |
| Fat Saturated      | 6g      | 28   |  |
| Fat Unsaturated    | 7g      | 14   |  |
| Fiber              | 4g      | 16   |  |
| Sodium             | 0g      | 10   |  |
| Salt               | 1g      | 10   |  |

### Vitamins and Minerals (Per portion)

|                   | Content | %GDA |  |
|-------------------|---------|------|--|
| Calcium           | 194mg   | 28   |  |
| Iron              | 18mg    | 205  |  |
| Magnesium         | 140mg   | 35   |  |
| Phosphorus        | 781mg   | 142  |  |
| Potassium         | 1,465mg | 42   |  |
| Zinc              | 4g      | 38   |  |
| Copper            | 1g      | 111  |  |
| Manganese         | 2g      | 59   |  |
| Selenium          | 53g     | 97   |  |
| Vitamin C         | 44g     | 109  |  |
| Thiamin           | 2g      | 190  |  |
| Riboflavin        | 1g      | 94   |  |
| Niacin            | 13g     | 78   |  |
| Pantothenate Acid | 3g      | 45   |  |
| Vitamin B6        | 3g      | 188  |  |
| Vitamin B12       | 3mcg    | 119  |  |
| Vitamin A         | 106mcg  | 1    |  |
| Vitamin E         | 0mcg    | 1    |  |
| Vitamin D         | 0mcg    | 0    |  |
| Folates           | 127mcg  | 3    |  |

### Traffic Lights

|                |                      |                  |                 |
|----------------|----------------------|------------------|-----------------|
| <b>LOW</b> Fat | <b>LOW</b> Saturates | <b>LOW</b> Sugar | <b>LOW</b> 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.