



Nutritional Report Supplement

Recipe Name : Sea Bream With Mediterranean Sauce

Recipe Category:

Author : Delia Smith

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Weight Per Portion

One portion of this dish weighs approximately 362.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	278	14	
Protein	34g	67	
Other Carbohydrate	11g	6	
Sugar	6g	6	
Fat Saturated	1g	3	
Fat Unsaturated	4g	7	
Fiber	3g	14	
Sodium	1g	54	
Salt	3g	56	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	128mg	18	
Iron	2mg	26	
Magnesium	76mg	19	
Phosphorus	461mg	84	
Potassium	1,034mg	30	
Zinc	1g	9	
Copper	0g	25	
Manganese	1g	25	
Selenium	0g	1	
Vitamin C	34g	86	
Thiamin	0g	30	
Riboflavin	0g	18	
Niacin	11g	63	
Pantothenate Acid	1g	12	
Vitamin B6	1g	90	
Vitamin B12	4mcg	146	
Vitamin A	78mcg	0	
Vitamin E	2mcg	13	
Vitamin D	0mcg	0	
Folates	42mcg	1	

Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	HIGH 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.