Nutritional Report Supplement

Recipe Name : Libyan Soup With Couscous
Recipe Category:
Author : Delia Smith
Created : February 16, 2015
Last Updated : October 23, 2015

Weight Per Portion
One portion of this dish weighs approximately 242.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	237	12	
Protein	9g	18	
Other Carbohydrate	14g	8	
Sugar	8g	9	
Fat Saturated	4g	20	
Fat Unsaturated	7g	14	
Fiber	4g	16	
Sodium	1g	29	
Salt	2g	30	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	77mg	11	
Iron	3mg	35	
Magnesium	36mg	9	
Phosphorus	145mg	26	
Potassium	626mg	18	
Zinc	1g	11	
Copper	0g	18	
Manganese	0g	12	
Selenium	1g	2	
Vitamin C	12g	31	
Thiamin	0g	24	
Riboflavin	0g	11	
Niacin	3g	16	
Pantothenate Acid	0g	7	
Vitamin B6	0g	15	
Vitamin B12	0mcg	12	
Vitamin A	232mcg	1	
Vitamin E	3mcg	18	
Vitamin D	0mcg	1	
Folates	37mcg	1	

Traffic Lights			
LOW Fat	MED 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.