



Nutritional Report Supplement

Recipe Name : **Marinated Rack Of Lamb With Coriander And Honey**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 290.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	821	41	
Protein	28g	57	
Other Carbohydrate	2g	1	
Sugar	11g	12	
Fat Saturated	25g	126	
Fat Unsaturated	43g	86	
Fiber	0g	2	
Sodium	2g	62	
Salt	4g	65	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	55mg	8	
Iron	3mg	38	
Magnesium	42mg	10	
Phosphorus	278mg	51	
Potassium	587mg	17	
Zinc	3g	36	
Copper	0g	11	
Manganese	0g	6	
Selenium	5g	8	
Vitamin C	24g	59	
Thiamin	0g	32	
Riboflavin	0g	25	
Niacin	9g	54	
Pantothenate Acid	1g	10	
Vitamin B6	1g	44	
Vitamin B12	2mcg	94	
Vitamin A	64mcg	0	
Vitamin E	12mcg	79	
Vitamin D	1mcg	5	
Folates	41mcg	1	

Traffic Lights

HIGH Fat	HIGH 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.