Nutritional Report Supplement

Recipe Name : Gennaros Meatball Sandwiches
Recipe Category:
Author : Jamie Oliver
Created : February 16, 2015
Last Updated : May 7, 2015

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

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	473	24	
Protein	21g	41	
Other Carbohydrate	24g	14	
Sugar	4g	4	
Fat Saturated	13g	67	
Fat Unsaturated	16g	31	
Fiber	2g	8	
Sodium	0g	16	
Salt	1g	17	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	96mg	14	
Iron	1mg	16	
Magnesium	19mg	5	
Phosphorus	189mg	34	
Potassium	384mg	11	
Zinc	2g	25	
Copper	0g	4	
Manganese	0g	3	
Selenium	8g	14	
Vitamin C	15g	38	
Thiamin	0g	27	
Riboflavin	0g	20	
Niacin	4g	25	
Pantothenate Acid	1g	10	
Vitamin B6	0g	23	
Vitamin B12	2mcg	64	
Vitamin A	132mcg	1	
Vitamin E	1mcg	9	
Vitamin D	1mcg	4	
Folates	33mcg	1	

Traffic Lights		
MED Fat	HIGH Saturates	LOW Sugar

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.