



Nutritional Report Supplement

Recipe Name : **Marinated Lamb**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 80.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	61	3	
Protein	4g	8	
Other Carbohydrate	6g	3	
Sugar	1g	1	
Fat Saturated	0g	1	
Fat Unsaturated	1g	3	
Fiber	2g	7	
Sodium	0g	4	
Salt	0g	4	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	25mg	4	
Iron	1mg	8	
Magnesium	8mg	2	
Phosphorus	29mg	5	
Potassium	47mg	1	
Zinc	0g	3	
Copper	0g	1	
Manganese	0g	7	
Selenium	0g	1	
Vitamin C	2g	4	
Thiamin	0g	2	
Riboflavin	0g	1	
Niacin	0g	1	
Pantothenate Acid	0g	0	
Vitamin B6	0g	1	
Vitamin B12	0mcg	0	
Vitamin A	4mcg	0	
Vitamin E	1mcg	4	
Vitamin D	0mcg	0	
Folates	6mcg	0	

Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.