



Nutritional Report Supplement

Recipe Name : **Marinated Aubergine With Tahini & Oregano**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 279.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	219	11	
Protein	2g	5	
Other Carbohydrate	1g	1	
Sugar	5g	6	
Fat Saturated	3g	15	
Fat Unsaturated	17g	34	
Fiber	5g	19	
Sodium	1g	23	
Salt	1g	24	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	45mg	6	
Iron	1mg	11	
Magnesium	31mg	8	
Phosphorus	44mg	8	
Potassium	558mg	16	
Zinc	1g	6	
Copper	0g	3	
Manganese	0g	7	
Selenium	2g	4	
Vitamin C	20g	49	
Thiamin	0g	6	
Riboflavin	0g	3	
Niacin	0g	2	
Pantothenate Acid	0g	3	
Vitamin B6	0g	15	
Vitamin B12	0mcg	0	
Vitamin A	41mcg	0	
Vitamin E	3mcg	20	
Vitamin D	0mcg	0	
Folates	46mcg	1	

Traffic Lights

MED Fat	LOW Saturates	LOW Sugar	MED 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.