Nutritional Report Supplement

Recipe Name : A-Moussaka With Roasted Aubergines And Ricotta
Recipe Category:
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Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 463.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	425	21	
Protein	26g	51	
Other Carbohydrate	8g	5	
Sugar	11g	12	
Fat Saturated	12g	62	
Fat Unsaturated	13g	26	
Fiber	5g	21	
Sodium	0g	8	
Salt	1g	8	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	255mg	36	
Iron	3mg	34	
Magnesium	60mg	15	
Phosphorus	361mg	66	
Potassium	934mg	27	
Zinc	4g	44	
Copper	0g	16	
Manganese	0g	10	
Selenium	7g	13	
Vitamin C	15g	37	
Thiamin	0g	27	
Riboflavin	0g	33	
Niacin	4g	25	
Pantothenate Acid	1g	20	
Vitamin B6	0g	32	
Vitamin B12	2mcg	91	
Vitamin A	158mcg	1	
Vitamin E	2mcg	10	
Vitamin D	1mcg	7	
Folates	59mcg	1	

Traffic Lights			
LOW Fat	HIGH 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.