Nutritional Report Supplement

Recipe Name : Pulled Pork Sandwich With Pomegranate Salad
Recipe Category:
Author : Ottolenghi
Created : February 16, 2015
Last Updated : February 16, 2015

Weight Per Portion
One portion of this dish weighs approximately 518.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	629	31	
Protein	88g	176	
Other Carbohydrate	3g	2	
Sugar	15g	16	
Fat Saturated	7g	33	
Fat Unsaturated	15g	29	
Fiber	2g	6	
Sodium	0g	18	
Salt	1g	19	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	65mg	9	
Iron	5mg	58	
Magnesium	108mg	27	
Phosphorus	895mg	163	
Potassium	1,696mg	48	
Zinc	11g	116	
Copper	0g	31	
Manganese	0g	8	
Selenium	54g	99	
Vitamin C	6g	16	
Thiamin	4g	442	
Riboflavin	1g	86	
Niacin	33g	193	
Pantothenate Acid	6g	87	
Vitamin B6	2g	158	
Vitamin B12	4mcg	174	
Vitamin A	18mcg	0	
Vitamin E	1mcg	5	
Vitamin D	2mcg	14	
Folates	21mcg	0	

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.