



Nutritional Report Supplement

Recipe Name : **Best Roast Beef**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 791.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	761	38	
Protein	78g	156	
Other Carbohydrate	54g	32	
Sugar	0g	0	
Fat Saturated	10g	49	
Fat Unsaturated	11g	23	
Fiber	12g	48	
Sodium	3g	129	
Salt	8g	134	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	179mg	26	
Iron	20mg	226	
Magnesium	180mg	45	
Phosphorus	796mg	145	
Potassium	2,878mg	82	
Zinc	13g	132	
Copper	2g	155	
Manganese	3g	73	
Selenium	23g	42	
Vitamin C	48g	119	
Thiamin	0g	45	
Riboflavin	1g	72	
Niacin	20g	119	
Pantothenate Acid	4g	52	
Vitamin B6	3g	188	
Vitamin B12	6mcg	260	
Vitamin A	18mcg	0	
Vitamin E	1mcg	5	
Vitamin D	2mcg	10	
Folates	126mcg	3	

Traffic Lights

LOW Fat	HIGH Saturates	LOW Sugar	HIGH 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.