



Nutritional Report Supplement

Recipe Name : Chestnut Soup With Bacon And Thyme Croutons

Recipe Category:

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Created : February 16, 2015

Last Updated : February 16, 2015

Weight Per Portion

One portion of this dish weighs approximately 497.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	407	20	
Protein	17g	33	
Other Carbohydrate	33g	19	
Sugar	6g	7	
Fat Saturated	4g	22	
Fat Unsaturated	17g	34	
Fiber	4g	15	
Sodium	2g	86	
Salt	5g	90	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	60mg	9	
Iron	2mg	25	
Magnesium	46mg	11	
Phosphorus	181mg	33	
Potassium	616mg	18	
Zinc	1g	14	
Copper	0g	17	
Manganese	0g	11	
Selenium	6g	11	
Vitamin C	6g	14	
Thiamin	1g	58	
Riboflavin	0g	8	
Niacin	4g	22	
Pantothenate Acid	1g	13	
Vitamin B6	0g	32	
Vitamin B12	1mcg	26	
Vitamin A	109mcg	1	
Vitamin E	3mcg	19	
Vitamin D	0mcg	2	
Folates	9mcg	0	

Traffic Lights

MED Fat	LOW 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.