Nutritional Report Supplement

Recipe Name : Grilled Mackerel With Green Olive, Celery & Raisin Salsa
Recipe Category:
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Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 127.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	372	19	
Protein	1g	3	
Other Carbohydrate	2g	1	
Sugar	21g	23	
Fat Saturated	4g	22	
Fat Unsaturated	27g	53	
Fiber	2g	7	
Sodium	0g	19	
Salt	1g	20	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	45mg	6	
Iron	2mg	22	
Magnesium	15mg	4	
Phosphorus	28mg	5	
Potassium	316mg	9	
Zinc	0g	4	
Copper	0g	14	
Manganese	0g	4	
Selenium	3g	5	
Vitamin C	8g	21	
Thiamin	0g	5	
Riboflavin	0g	3	
Niacin	0g	3	
Pantothenate Acid	0g	3	
Vitamin B6	0g	5	
Vitamin B12	0mcg	3	
Vitamin A	23mcg	0	
Vitamin E	5mcg	32	
Vitamin D	0mcg	1	
Folates	15mcg	0	

Traffic Lights			
HIGH Fat	MED Saturates	HIGH Sugar	MED 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.