



Nutritional Report Supplement

Recipe Name : Wok-cooked Fragrant Mussels

Recipe Category:

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Created : February 16, 2015

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Weight Per Portion

One portion of this dish weighs approximately 290.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	706	35	
Protein	63g	125	
Other Carbohydrate	24g	14	
Sugar	1g	1	
Fat Saturated	21g	107	
Fat Unsaturated	13g	26	
Fiber	1g	2	
Sodium	1g	59	
Salt	4g	61	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	181mg	26	
Iron	24mg	272	
Magnesium	228mg	57	
Phosphorus	1,098mg	200	
Potassium	2,020mg	58	
Zinc	9g	92	
Copper	1g	59	
Manganese	18g	445	
Selenium	224g	408	
Vitamin C	59g	148	
Thiamin	1g	94	
Riboflavin	1g	84	
Niacin	9g	53	
Pantothenate Acid	3g	39	
Vitamin B6	0g	25	
Vitamin B12	60mcg	2,500	
Vitamin A	267mcg	1	
Vitamin E	3mcg	23	
Vitamin D	0mcg	0	
Folates	240mcg	5	

Traffic Lights

Fat	Saturates	Sugar	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.