



Nutritional Report Supplement

Recipe Name : **Spicy Spaghetti Vongole**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 336.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	430	21	
Protein	40g	81	
Other Carbohydrate	48g	28	
Sugar	4g	4	
Fat Saturated	1g	6	
Fat Unsaturated	5g	10	
Fiber	3g	10	
Sodium	0g	1	
Salt	0g	1	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	166mg	24	
Iron	17mg	195	
Magnesium	46mg	11	
Phosphorus	689mg	125	
Potassium	1,540mg	44	
Zinc	6g	66	
Copper	2g	137	
Manganese	1g	18	
Selenium	10g	17	
Vitamin C	13g	32	
Thiamin	0g	27	
Riboflavin	0g	12	
Niacin	8g	46	
Pantothenate Acid	0g	6	
Vitamin B6	0g	21	
Vitamin B12	0mcg	18	
Vitamin A	60mcg	0	
Vitamin E	1mcg	10	
Vitamin D	0mcg	0	
Folates	20mcg	0	

Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.