



Nutritional Report Supplement

Recipe Name : **Sumac And Mint Rubbed Rabbit Saddle With Seared Radicchio**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 335.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	511	26	
Protein	48g	95	
Other Carbohydrate	4g	3	
Sugar	3g	3	
Fat Saturated	4g	20	
Fat Unsaturated	28g	55	
Fiber	3g	11	
Sodium	0g	5	
Salt	0g	5	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	134mg	19	
Iron	8mg	95	
Magnesium	130mg	32	
Phosphorus	655mg	119	
Potassium	1,372mg	39	
Zinc	2g	19	
Copper	0g	29	
Manganese	2g	61	
Selenium	18g	33	
Vitamin C	18g	44	
Thiamin	0g	36	
Riboflavin	0g	23	
Niacin	13g	79	
Pantothenate Acid	0g	0	
Vitamin B6	0g	9	
Vitamin B12	0mcg	0	
Vitamin A	78mcg	0	
Vitamin E	5mcg	32	
Vitamin D	0mcg	0	
Folates	26mcg	1	

Traffic Lights

HIGH 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.