Nutritional Report Supplement

Recipe Name : Winter Vegetable Pie With A Parmesan Crust
Recipe Category:
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Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 401.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	555	28	
Protein	20g	40	
Other Carbohydrate	33g	19	
Sugar	13g	14	
Fat Saturated	22g	110	
Fat Unsaturated	9g	19	
Fiber	6g	25	
Sodium	1g	41	
Salt	3g	43	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	573mg	82	
Iron	2mg	27	
Magnesium	70mg	17	
Phosphorus	454mg	83	
Potassium	890mg	25	
Zinc	2g	23	
Copper	0g	24	
Manganese	1g	16	
Selenium	7g	13	
Vitamin C	33g	81	
Thiamin	0g	51	
Riboflavin	0g	33	
Niacin	2g	10	
Pantothenate Acid	1g	18	
Vitamin B6	0g	36	
Vitamin B12	1mcg	57	
Vitamin A	747mcg	4	
Vitamin E	2mcg	14	
Vitamin D	1mcg	4	
Folates	78mcg	2	

Traffic Lights			
LOW Fat	HIGH Saturates	LOW Sugar	HIGH 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.