Nutritional Report Supplement

Recipe Name : Sweet Kale With Lentils And Pine Nuts
Recipe Category:
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Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 368.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	455	23	
Protein	10g	20	
Other Carbohydrate	23g	14	
Sugar	30g	33	
Fat Saturated	5g	24	
Fat Unsaturated	19g	38	
Fiber	7g	28	
Sodium	1g	33	
Salt	2g	35	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	199mg	28	
Iron	5mg	58	
Magnesium	106mg	26	
Phosphorus	248mg	45	
Potassium	1,213mg	35	
Zinc	2g	22	
Copper	1g	61	
Manganese	2g	56	
Selenium	14g	26	
Vitamin C	133g	333	
Thiamin	0g	40	
Riboflavin	0g	19	
Niacin	2g	12	
Pantothenate Acid	1g	7	
Vitamin B6	1g	45	
Vitamin B12	0mcg	0	
Vitamin A	8mcg	0	
Vitamin E	4mcg	24	
Vitamin D	0mcg	1	
Folates	43mcg	1	

Traffic Lights			
MED Fat	LOW 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.