



Nutritional Report Supplement

Recipe Name : **Spaghetti With Wild Mushrooms**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 0.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	0	0	
Protein	0g	0	
Other Carbohydrate	0g	0	
Sugar	0g	0	
Fat Saturated	0g	0	
Fat Unsaturated	0g	0	
Fiber	0g	0	
Sodium	0g	0	
Salt	0g	0	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	0mg	0	
Iron	0mg	0	
Magnesium	0mg	0	
Phosphorus	0mg	0	
Potassium	0mg	0	
Zinc	0g	0	
Copper	0g	0	
Manganese	0g	0	
Selenium	0g	0	
Vitamin C	0g	0	
Thiamin	0g	0	
Riboflavin	0g	0	
Niacin	0g	0	
Pantothenate Acid	0g	0	
Vitamin B6	0g	0	
Vitamin B12	0mcg	0	
Vitamin A	0mcg	0	
Vitamin E	0mcg	0	
Vitamin D	0mcg	0	
Folates	0mcg	0	

Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.