



## Nutritional Report Supplement

Recipe Name : **Slow Roasted Duck**

Recipe Category:

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### Weight Per Portion

One portion of this dish weighs approximately 612.00 Grams

### Nutritional Information Per Portion

|                    | Content | %GDA |  |
|--------------------|---------|------|--|
| Energy Kcal        | 882     | 44   |  |
| Protein            | 69g     | 137  |  |
| Other Carbohydrate | 10g     | 6    |  |
| Sugar              | 7g      | 8    |  |
| Fat Saturated      | 19g     | 95   |  |
| Fat Unsaturated    | 33g     | 66   |  |
| Fiber              | 2g      | 8    |  |
| Sodium             | 0g      | 18   |  |
| Salt               | 1g      | 19   |  |

### Vitamins and Minerals (Per portion)

|                   | Content | %GDA |  |
|-------------------|---------|------|--|
| Calcium           | 63mg    | 9    |  |
| Iron              | 17mg    | 190  |  |
| Magnesium         | 112mg   | 28   |  |
| Phosphorus        | 692mg   | 126  |  |
| Potassium         | 1,333mg | 38   |  |
| Zinc              | 3g      | 36   |  |
| Copper            | 1g      | 105  |  |
| Manganese         | 0g      | 6    |  |
| Selenium          | 49g     | 88   |  |
| Vitamin C         | 31g     | 76   |  |
| Thiamin           | 1g      | 154  |  |
| Riboflavin        | 1g      | 82   |  |
| Niacin            | 13g     | 77   |  |
| Pantothenate Acid | 3g      | 41   |  |
| Vitamin B6        | 2g      | 159  |  |
| Vitamin B12       | 2mcg    | 102  |  |
| Vitamin A         | 101mcg  | 1    |  |
| Vitamin E         | 0mcg    | 0    |  |
| Vitamin D         | 0mcg    | 0    |  |
| Folates           | 101mcg  | 2    |  |

### Traffic Lights

|                 |                       |                  |                 |
|-----------------|-----------------------|------------------|-----------------|
| <b>HIGH</b> Fat | <b>HIGH</b> Saturates | <b>LOW</b> Sugar | <b>LOW</b> 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.