



Nutritional Report

Recipe Name : **Slow Roasted Duck**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **May 12, 2015**

Weight Per Portion

One portion of this dish weighs approximately 638.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	573	29	<div><div></div></div>
Protein	78g	157	<div><div></div></div>
Other Carbohydrate	15g	9	<div><div></div></div>
Sugar	8g	9	<div><div></div></div>
Fat Saturated	6g	28	<div><div></div></div>
Fat Unsaturated	7g	14	<div><div></div></div>
Fiber	4g	16	<div><div></div></div>
Sodium	0g	10	<div><div></div></div>
Salt	1g	10	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Traffic Lights

<div><div>LOW</div></div> Fat	<div><div>LOW</div></div> Saturates	<div><div>LOW</div></div> Sugar	<div><div>LOW</div></div> 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.