



Nutritional Report

Recipe Name : **Slow Roasted Duck**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 612.00 Grams

Nutritional Information Per Portion

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

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

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