



Nutritional Report Supplement

Recipe Name : Courgette Souffle

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 217.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	361	18	
Protein	17g	35	
Other Carbohydrate	10g	6	
Sugar	5g	5	
Fat Saturated	14g	70	
Fat Unsaturated	10g	20	
Fiber	1g	5	
Sodium	0g	13	
Salt	1g	14	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	312mg	45	
Iron	2mg	28	
Magnesium	36mg	9	
Phosphorus	335mg	61	
Potassium	344mg	10	
Zinc	2g	24	
Copper	0g	12	
Manganese	0g	5	
Selenium	12g	22	
Vitamin C	15g	39	
Thiamin	0g	20	
Riboflavin	1g	42	
Niacin	1g	3	
Pantothenate Acid	2g	24	
Vitamin B6	0g	14	
Vitamin B12	2mcg	103	
Vitamin A	229mcg	1	
Vitamin E	1mcg	9	
Vitamin D	1mcg	10	
Folates	60mcg	1	

Traffic Lights

MED Fat	HIGH Saturates	LOW Sugar
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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.