



Nutritional Report Supplement

Recipe Name : **A-Egg Prosciutto Artichokes Olives Mozzarella Tomato Sauce And Basil Pizza Topping**
 Recipe Category:
 Author : **Jamie Oliver**
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Weight Per Portion

One portion of this dish weighs approximately 628.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	671	34	
Protein	67g	133	
Other Carbohydrate	11g	6	
Sugar	4g	4	
Fat Saturated	14g	68	
Fat Unsaturated	25g	50	
Fiber	3g	13	
Sodium	4g	150	
Salt	7g	112	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	496mg	71	
Iron	8mg	97	
Magnesium	107mg	27	
Phosphorus	839mg	152	
Potassium	1,437mg	41	
Zinc	8g	80	
Copper	1g	55	
Manganese	1g	22	
Selenium	40g	72	
Vitamin C	6g	14	
Thiamin	1g	80	
Riboflavin	1g	67	
Niacin	12g	68	
Pantothenate Acid	2g	24	
Vitamin B6	1g	75	
Vitamin B12	3mcg	107	
Vitamin A	220mcg	1	
Vitamin E	4mcg	27	
Vitamin D	1mcg	8	
Folates	169mcg	3	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW Sugar	HIGH 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.