Nutritional Report Supplement

Recipe Name : Crab Saffron And Leek Quiche
Recipe Category:
Author : Rick Stein
Created : February 16, 2015
Last Updated : February 16, 2015

Weight Per Portion
One portion of this dish weighs approximately 292.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	565	28	
Protein	19g	39	
Other Carbohydrate	31g	18	
Sugar	3g	3	
Fat Saturated	22g	110	
Fat Unsaturated	13g	27	
Fiber	2g	7	
Sodium	1g	27	
Salt	2g	28	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	116mg	17	
Iron	2mg	26	
Magnesium	20mg	5	
Phosphorus	185mg	34	
Potassium	247mg	7	
Zinc	1g	11	
Copper	0g	9	
Manganese	0g	8	
Selenium	7g	13	
Vitamin C	7g	16	
Thiamin	0g	27	
Riboflavin	0g	23	
Niacin	1g	5	
Pantothenate Acid	1g	16	
Vitamin B6	0g	17	
Vitamin B12	1mcg	62	
Vitamin A	346mcg	2	
Vitamin E	2mcg	12	
Vitamin D	2mcg	11	
Folates	40mcg	1	

Traffic Lights			
MED Fat	HIGH Saturates	LOW Sugar	MED 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.