Nutritional Report Supplement

Recipe Name : B-Smoked Pancetta Mozzarella Fresh Chilli And Tomatoes Pizza Topping
Recipe Category:
Author : Jamie Oliver
Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 202.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	348	17	
Protein	17g	34	
Other Carbohydrate	2g	1	
Sugar	1g	1	
Fat Saturated	14g	68	
Fat Unsaturated	14g	28	
Fiber	0g	1	
Sodium	1g	39	
Salt	2g	41	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	254mg	36	
Iron	0mg	4	
Magnesium	12mg	3	
Phosphorus	180mg	33	
Potassium	62mg	2	
Zinc	1g	16	
Copper	0g	1	
Manganese	0g	1	
Selenium	9g	16	
Vitamin C	10g	25	
Thiamin	0g	2	
Riboflavin	0g	11	
Niacin	0g	1	
Pantothenate Acid	0g	1	
Vitamin B6	0g	4	
Vitamin B12	1mcg	48	
Vitamin A	93mcg	1	
Vitamin E	1mcg	5	
Vitamin D	0mcg	1	
Folates	5mcg	0	

Traffic Lights			
MED Fat	HIGH Saturates	LOW Sugar	HIGH 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.