Nutritional Report Supplement

Recipe Name : A-Shortcut Sausage Meatballs
Recipe Category:
Author : Nigella Lawson
Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 372.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	449	22	
Protein	19g	38	
Other Carbohydrate	4g	2	
Sugar	7g	8	
Fat Saturated	13g	64	
Fat Unsaturated	21g	42	
Fiber	3g	11	
Sodium	1g	37	
Salt	2g	39	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	89mg	13	
Iron	3mg	40	
Magnesium	51mg	13	
Phosphorus	217mg	40	
Potassium	940mg	27	
Zinc	2g	26	
Copper	0g	23	
Manganese	0g	10	
Selenium	28g	51	
Vitamin C	42g	104	
Thiamin	1g	86	
Riboflavin	0g	21	
Niacin	5g	32	
Pantothenate Acid	1g	15	
Vitamin B6	1g	42	
Vitamin B12	1mcg	43	
Vitamin A	168mcg	1	
Vitamin E	3mcg	18	
Vitamin D	0mcg	0	
Folates	79mcg	2	

Traffic Lights			
HIGH 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.