



Nutritional Report Supplement

Recipe Name : **A-Cumberland Sausage With Red Wine Rosemary And Lentils**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 211.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	262	13	
Protein	7g	14	
Other Carbohydrate	20g	12	
Sugar	1g	1	
Fat Saturated	2g	10	
Fat Unsaturated	10g	20	
Fiber	3g	11	
Sodium	2g	68	
Salt	4g	71	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	113mg	16	
Iron	4mg	45	
Magnesium	61mg	15	
Phosphorus	124mg	23	
Potassium	531mg	15	
Zinc	1g	14	
Copper	0g	25	
Manganese	2g	38	
Selenium	23g	42	
Vitamin C	19g	46	
Thiamin	0g	15	
Riboflavin	0g	6	
Niacin	1g	4	
Pantothenate Acid	1g	8	
Vitamin B6	0g	27	
Vitamin B12	0mcg	0	
Vitamin A	70mcg	0	
Vitamin E	2mcg	11	
Vitamin D	0mcg	0	
Folates	32mcg	1	

Traffic Lights

MED Fat	LOW 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.