



## Nutritional Report Supplement

Recipe Name : **A-Turkey Breast Stuffed With Italian Sausage And Marsala-steeped Cranberries**  
Recipe Category:  
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Created : **February 16, 2015**  
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### Weight Per Portion

One portion of this dish weighs approximately 548.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,029	51	
Protein	107g	214	
Other Carbohydrate	7g	4	
Sugar	0g	1	
Fat Saturated	19g	94	
Fat Unsaturated	36g	73	
Fiber	0g	2	
Sodium	1g	53	
Salt	3g	55	

### Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	137mg	20	
Iron	7mg	76	
Magnesium	121mg	30	
Phosphorus	962mg	175	
Potassium	1,447mg	41	
Zinc	8g	89	
Copper	0g	34	
Manganese	0g	6	
Selenium	116g	211	
Vitamin C	4g	10	
Thiamin	1g	84	
Riboflavin	1g	55	
Niacin	25g	144	
Pantothenate Acid	3g	47	
Vitamin B6	2g	167	
Vitamin B12	3mcg	120	
Vitamin A	39mcg	0	
Vitamin E	0mcg	3	
Vitamin D	0mcg	1	
Folates	43mcg	1	

### Traffic Lights

<b>HIGH</b> Fat	<b>HIGH</b> Saturates	<b>LOW</b> Sugar	<b>HIGH</b> 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.