



Nutritional Report Supplement

Recipe Name : **A-Malaccan Black Pepper Crab With Black Beans Ginger And Curry Leaves**
Recipe Category:
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Created : **February 16, 2015**
Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 618.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	853	43	
Protein	95g	190	
Other Carbohydrate	13g	8	
Sugar	7g	8	
Fat Saturated	9g	43	
Fat Unsaturated	30g	60	
Fiber	4g	17	
Sodium	2g	62	
Salt	4g	65	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	535mg	76	
Iron	6mg	65	
Magnesium	214mg	54	
Phosphorus	1,215mg	221	
Potassium	2,040mg	58	
Zinc	18g	193	
Copper	4g	297	
Manganese	2g	47	
Selenium	188g	342	
Vitamin C	28g	69	
Thiamin	1g	57	
Riboflavin	0g	21	
Niacin	14g	83	
Pantothenate Acid	2g	28	
Vitamin B6	1g	63	
Vitamin B12	45mcg	1,876	
Vitamin A	56mcg	0	
Vitamin E	0mcg	3	
Vitamin D	0mcg	1	
Folates	277mcg	6	

Traffic Lights

HIGH Fat	HIGH 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.