



Nutritional Report Supplement

Recipe Name : **Chocolate Pasta With Caramel And Pecans**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 173.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,127	56	
Protein	3g	7	
Other Carbohydrate	3g	2	
Sugar	26g	29	
Fat Saturated	60g	301	
Fat Unsaturated	47g	94	
Fiber	2g	10	
Sodium	0g	1	
Salt	0g	2	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	68mg	10	
Iron	1mg	12	
Magnesium	35mg	9	
Phosphorus	101mg	18	
Potassium	173mg	5	
Zinc	1g	13	
Copper	0g	26	
Manganese	1g	29	
Selenium	3g	5	
Vitamin C	1g	2	
Thiamin	0g	20	
Riboflavin	0g	10	
Niacin	0g	2	
Pantothenate Acid	0g	6	
Vitamin B6	0g	5	
Vitamin B12	0mcg	14	
Vitamin A	414mcg	2	
Vitamin E	3mcg	17	
Vitamin D	1mcg	3	
Folates	10mcg	0	

Traffic Lights

HIGH Fat	HIGH Saturates	HIGH Sugar	LOW 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.