Nutritional Report Supplement

Recipe Name : Turkish Stuffed Tomatoes
Recipe Category:
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Created : February 16, 2015
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Weight Per Portion
One portion of this dish weighs approximately 448.00 Grams

Nutritional Information Per Portion			
	Content	**%GDA**	
Energy Kcal	242	12	
Protein	6g	12	
Other Carbohydrate	28g	17	
Sugar	14g	15	
Fat Saturated	1g	4	
Fat Unsaturated	5g	11	
Fiber	5g	22	
Sodium	0g	10	
Salt	1g	10	

Vitamins and Minerals (Per portion)			
	Content	**%GDA**	
Calcium	57mg	8	
Iron	2mg	22	
Magnesium	91mg	23	
Phosphorus	209mg	38	
Potassium	905mg	26	
Zinc	1g	15	
Copper	0g	30	
Manganese	2g	46	
Selenium	7g	13	
Vitamin C	45g	112	
Thiamin	0g	32	
Riboflavin	0g	8	
Niacin	4g	21	
Pantothenate Acid	1g	11	
Vitamin B6	0g	32	
Vitamin B12	0mcg	0	
Vitamin A	131mcg	1	
Vitamin E	3mcg	19	
Vitamin D	0mcg	0	
Folates	58mcg	1	

Traffic Lights			
LOW Fat	LOW Saturates	LOW Sugar	LOW 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.