



Nutritional Report Supplement

Recipe Name : Duck Ragu And Homemade Pici Pasta

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 424.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	779	39	
Protein	16g	31	
Other Carbohydrate	65g	38	
Sugar	20g	23	
Fat Saturated	6g	30	
Fat Unsaturated	32g	63	
Fiber	8g	30	
Sodium	0g	6	
Salt	0g	6	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	98mg	14	
Iron	3mg	40	
Magnesium	67mg	17	
Phosphorus	183mg	33	
Potassium	760mg	22	
Zinc	1g	15	
Copper	0g	28	
Manganese	1g	29	
Selenium	5g	9	
Vitamin C	25g	63	
Thiamin	0g	29	
Riboflavin	0g	12	
Niacin	3g	16	
Pantothenate Acid	1g	12	
Vitamin B6	0g	32	
Vitamin B12	0mcg	15	
Vitamin A	119mcg	1	
Vitamin E	7mcg	49	
Vitamin D	0mcg	2	
Folates	65mcg	1	

Traffic Lights

HIGH Fat	LOW 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.