



Nutritional Report Supplement

Recipe Name : **Baked Jerusalem Artichokes, Breadcrumbs, Thyme And Lemon**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 315.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	665	33	
Protein	28g	56	
Other Carbohydrate	44g	26	
Sugar	19g	21	
Fat Saturated	22g	110	
Fat Unsaturated	10g	20	
Fiber	4g	18	
Sodium	1g	41	
Salt	3g	43	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	675mg	96	
Iron	8mg	95	
Magnesium	73mg	18	
Phosphorus	572mg	104	
Potassium	920mg	26	
Zinc	3g	27	
Copper	0g	38	
Manganese	0g	12	
Selenium	10g	18	
Vitamin C	19g	47	
Thiamin	0g	48	
Riboflavin	0g	38	
Niacin	3g	18	
Pantothenate Acid	1g	14	
Vitamin B6	0g	16	
Vitamin B12	1mcg	47	
Vitamin A	332mcg	2	
Vitamin E	1mcg	6	
Vitamin D	0mcg	3	
Folates	19mcg	0	

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.