



Nutritional Report Supplement

Recipe Name : **Pork With Peaches**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 318.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	724	36	
Protein	39g	78	
Other Carbohydrate	3g	2	
Sugar	0g	0	
Fat Saturated	28g	141	
Fat Unsaturated	28g	56	
Fiber	1g	3	
Sodium	0g	14	
Salt	1g	14	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	42mg	6	
Iron	2mg	20	
Magnesium	47mg	12	
Phosphorus	359mg	65	
Potassium	659mg	19	
Zinc	3g	29	
Copper	0g	12	
Manganese	0g	4	
Selenium	21g	38	
Vitamin C	6g	15	
Thiamin	2g	183	
Riboflavin	0g	28	
Niacin	10g	58	
Pantothenate Acid	2g	27	
Vitamin B6	1g	91	
Vitamin B12	2mcg	80	
Vitamin A	9mcg	0	
Vitamin E	1mcg	5	
Vitamin D	2mcg	14	
Folates	4mcg	0	

Traffic Lights

HIGH Fat	HIGH Saturates	LOW 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.