



Nutritional Report Supplement

Recipe Name : **Black Bean Chilli With Avocado Salsa**

Recipe Category:

Author : **Jamie Oliver**

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Weight Per Portion

One portion of this dish weighs approximately 338.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	560	28	
Protein	29g	58	
Other Carbohydrate	27g	16	
Sugar	5g	6	
Fat Saturated	8g	41	
Fat Unsaturated	26g	51	
Fiber	9g	36	
Sodium	0g	3	
Salt	0g	3	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	71mg	10	
Iron	5mg	55	
Magnesium	110mg	28	
Phosphorus	922mg	168	
Potassium	876mg	25	
Zinc	6g	67	
Copper	1g	48	
Manganese	34g	848	
Selenium	8g	15	
Vitamin C	20g	50	
Thiamin	1g	62	
Riboflavin	1g	42	
Niacin	6g	33	
Pantothenate Acid	3g	37	
Vitamin B6	1g	76	
Vitamin B12	2mcg	63	
Vitamin A	12mcg	0	
Vitamin E	5mcg	34	
Vitamin D	0mcg	3	
Folates	304mcg	6	

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.