



Nutritional Report Supplement

Recipe Name : Moroccan Baked Chicken With Chickpeas And Rice

Recipe Category:

Author : Sample Pub Menu

Created : February 16, 2015

Last Updated : May 10, 2016

Weight Per Portion

One portion of this dish weighs approximately 1,112.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,160	58	
Protein	78g	155	
Other Carbohydrate	68g	40	
Sugar	10g	11	
Fat Saturated	14g	71	
Fat Unsaturated	39g	79	
Fiber	8g	32	
Sodium	1g	32	
Salt	2g	29	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	220mg	31	
Iron	8mg	89	
Magnesium	157mg	39	
Phosphorus	610mg	111	
Potassium	2,131mg	61	
Zinc	7g	70	
Copper	1g	70	
Manganese	1g	31	
Selenium	47g	86	
Vitamin C	288g	719	
Thiamin	1g	74	
Riboflavin	1g	88	
Niacin	19g	113	
Pantothenate Acid	4g	63	
Vitamin B6	1g	104	
Vitamin B12	0mcg	0	
Vitamin A	128mcg	1	
Vitamin E	3mcg	20	
Vitamin D	0mcg	0	
Folates	143mcg	3	

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.