



Nutritional Report Supplement

Recipe Name : Green Tahini Sauce
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Created : February 16, 2015
Last Updated : February 16, 2015

Weight Per Portion

One portion of this dish weighs approximately 49.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	30	1	
Protein	1g	2	
Other Carbohydrate	1g	1	
Sugar	0g	0	
Fat Saturated	0g	2	
Fat Unsaturated	2g	4	
Fiber	1g	2	
Sodium	0g	8	
Salt	1g	8	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	36mg	5	
Iron	1mg	9	
Magnesium	19mg	5	
Phosphorus	35mg	6	
Potassium	70mg	2	
Zinc	0g	3	
Copper	0g	6	
Manganese	0g	2	
Selenium	0g	0	
Vitamin C	12g	30	
Thiamin	0g	5	
Riboflavin	0g	1	
Niacin	0g	2	
Pantothenate Acid	0g	2	
Vitamin B6	0g	3	
Vitamin B12	0mcg	0	
Vitamin A	21mcg	0	
Vitamin E	0mcg	1	
Vitamin D	0mcg	0	
Folates	14mcg	0	

Traffic Lights

HIGH Fat	LOW Saturates	LOW Sugar	MED 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.