



Nutritional Report Supplement

Recipe Name : **Spiced Chick Pea Cutlets**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 283.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	642	32	
Protein	24g	47	
Other Carbohydrate	77g	45	
Sugar	8g	9	
Fat Saturated	3g	14	
Fat Unsaturated	20g	40	
Fiber	11g	46	
Sodium	0g	16	
Salt	1g	17	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	212mg	30	
Iron	6mg	72	
Magnesium	129mg	32	
Phosphorus	330mg	60	
Potassium	1,053mg	30	
Zinc	3g	30	
Copper	1g	73	
Manganese	2g	57	
Selenium	2g	3	
Vitamin C	62g	155	
Thiamin	0g	50	
Riboflavin	0g	19	
Niacin	3g	16	
Pantothenate Acid	2g	22	
Vitamin B6	1g	48	
Vitamin B12	0mcg	0	
Vitamin A	56mcg	0	
Vitamin E	8mcg	55	
Vitamin D	0mcg	0	
Folates	181mcg	4	

Traffic Lights

HIGH Fat	LOW Saturates	LOW Sugar
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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.