



Nutritional Report Supplement

Recipe Name : Winter Vegetable Pie With A Parmesan Crust

Recipe Category:

Author : Delia Smith

Created : February 16, 2015

Last Updated : December 20, 2018

Weight Per Portion

One portion of this dish weighs approximately 188.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	152	8	
Protein	7g	14	
Other Carbohydrate	11g	6	
Sugar	6g	6	
Fat Saturated	4g	21	
Fat Unsaturated	2g	4	
Fiber	5g	18	
Sodium	0g	8	
Salt	0g	8	

Vitamins and Minerals (Per portion)

	Content	%GDA	
Calcium	233mg	33	
Iron	1mg	16	
Magnesium	39mg	10	
Phosphorus	192mg	35	
Potassium	621mg	18	
Zinc	1g	9	
Copper	0g	12	
Manganese	0g	10	
Selenium	0g	0	
Vitamin C	29g	73	
Thiamin	0g	33	
Riboflavin	0g	9	
Niacin	1g	6	
Pantothenate Acid	1g	8	
Vitamin B6	0g	25	
Vitamin B12	0mcg	12	
Vitamin A	677mcg	4	
Vitamin E	1mcg	8	
Vitamin D	0mcg	0	
Folates	63mcg	1	

Traffic Lights

LOW Fat	MED Saturates	LOW Sugar	LOW Salt
----------------	----------------------	------------------	-----------------

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.