

# Duck Breast Roulade filled with Figs, Chevre and Shiitake Mushrooms

## Nutrition Facts

Serving Size 675 g

### Amount Per Serving

**Calories** 698.1      Calories from Fat 145.5  
% Daily Value\*

**Total Fat** 16.04g      **21%**  
Saturated Fat 8.1g      **41%**  
Trans Fat 0.0g

**Cholesterol** 54mg      **18%**

**Sodium** 686mg      **30%**

**Potassium** 1231mg      **26%**

**Total Carbohydrates** 79.7g      **29%**

Dietary Fiber 12.1g      **43%**

Sugars 34.6g

**Protein** 26.1g

Vitamin A 77%      •      Vitamin C 213%

Calcium 23%      •      Iron 38%

### Nutrition Grade B

\* Based on a 2000 calorie diet