



## Nutritional Report

Recipe Name : **Courgette Souffle**

Recipe Category:

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### Weight Per Portion

One portion of this dish weighs approximately 217.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	361	18	<div><div></div></div>
Protein	17g	35	<div><div></div></div>
Other Carbohydrate	10g	6	<div><div></div></div>
Sugar	5g	5	<div><div></div></div>
Fat Saturated	14g	70	<div><div></div></div>
Fat Unsaturated	10g	20	<div><div></div></div>
Fiber	1g	5	<div><div></div></div>
Sodium	0g	13	<div><div></div></div>
Salt	1g	14	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Vegetarian

Allergen Warnings:



Gluten



Milk



Egg

### Traffic Lights



**Fat**



**Saturates**



**Sugar**

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

Percentages based upon a daily energy intake of 2000 kcal.