



## Nutritional Report

Recipe Name : **Crab Saffron And Leek Quiche**  
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### Weight Per Portion

One portion of this dish weighs approximately 291.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	565	28	
Protein	19g	39	
Other Carbohydrate	31g	18	
Sugar	3g	3	
Fat Saturated	22g	110	
Fat Unsaturated	13g	27	
Fiber	2g	7	
Sodium	1g	27	
Salt	2g	28	

### Recipe Alerts

Allergen Warnings:



Gluten



Crustaceans



Fish



Milk



Egg



Celery

### Traffic Lights



**HIGH** Fat



**HIGH** Saturates



**LOW** Sugar



**MED** 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.