



Nutritional Report

Recipe Name : **Souffled Jacket Potatoes**

Recipe Category:

Author : **Delia Smith**

Created : **February 16, 2015**

Last Updated : **December 20, 2018**

Weight Per Portion

One portion of this dish weighs approximately 398.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	342	17	
Protein	15g	30	
Other Carbohydrate	35g	21	
Sugar	2g	2	
Fat Saturated	8g	40	
Fat Unsaturated	7g	14	
Fiber	8g	32	
Sodium	0g	5	
Salt	0g	5	

Recipe Alerts

Special Dietary Requirements Suitability:	
Allergen Warnings:	

Traffic Lights

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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.