



## Nutritional Report

Recipe Name : Prawns With Spicy Dipping Sauce

Recipe Category:

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Created : February 16, 2015

Last Updated : February 16, 2015

### Weight Per Portion

One portion of this dish weighs approximately 120.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	265	13	
Protein	15g	30	
Other Carbohydrate	0g	0	
Sugar	1g	2	
Fat Saturated	2g	9	
Fat Unsaturated	14g	29	
Fiber	0g	0	
Sodium	0g	0	
Salt	0g	0	

### Recipe Alerts

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.