



Nutritional Report

Recipe Name : **Sicilian Pasta With Tomatoes, Garlic And Almonds**

Recipe Category:

Author : **Nigella Lawson**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**








Weight Per Portion

One portion of this dish weighs approximately 239.00 Grams





Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	379	19	<div><div></div></div>
Protein	24g	48	<div><div></div></div>
Other Carbohydrate	22g	13	<div><div></div></div>
Sugar	5g	5	<div><div></div></div>
Fat Saturated	3g	15	<div><div></div></div>
Fat Unsaturated	15g	30	<div><div></div></div>
Fiber	1g	4	<div><div></div></div>
Sodium	1g	39	<div><div></div></div>
Salt	2g	40	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	  Kosher Halal
Allergen Warnings:	     Gluten Fish Egg Nuts Sulphur Dioxide

Traffic Lights

 Fat	 Saturates	 Sugar	 Salt
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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.