



Nutritional Report

Recipe Name : **B-Oat-battered Kippers**

Recipe Category:

Author : **Jack Monroe**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**




Weight Per Portion

One portion of this dish weighs approximately 582.00 Grams





Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	483	24	<div><div></div></div>
Protein	13g	25	<div><div></div></div>
Other Carbohydrate	53g	31	<div><div></div></div>
Sugar	19g	21	<div><div></div></div>
Fat Saturated	3g	16	<div><div></div></div>
Fat Unsaturated	14g	27	<div><div></div></div>
Fiber	8g	31	<div><div></div></div>
Sodium	0g	8	<div><div></div></div>
Salt	0g	8	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	  Gluten Milk

Traffic Lights

 LOW Fat	 LOW Saturates	 LOW Sugar	 LOW 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.