



Nutritional Report

Recipe Name : **Jam Roly Poly**
Recipe Category:
Author : **Nigella Lawson**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 130.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	435	22	<div><div></div></div>
Protein	5g	11	<div><div></div></div>
Other Carbohydrate	44g	26	<div><div></div></div>
Sugar	18g	20	<div><div></div></div>
Fat Saturated	11g	54	<div><div></div></div>
Fat Unsaturated	8g	16	<div><div></div></div>
Fiber	2g	6	<div><div></div></div>
Sodium	0g	8	<div><div></div></div>
Salt	1g	9	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Milk



Egg

Traffic Lights



Fat



Saturates



Sugar

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.