



Nutritional Report

Recipe Name : **A-Shortcut Sausage Meatballs**

Recipe Category:

Author : **Nigella Lawson**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 372.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	449	22	
Protein	19g	38	
Other Carbohydrate	4g	2	
Sugar	7g	8	
Fat Saturated	13g	64	
Fat Unsaturated	21g	42	
Fiber	3g	11	
Sodium	1g	37	
Salt	2g	39	

Recipe Alerts

Allergen Warnings:



Traffic Lights

Fat	Saturates	Sugar	Salt
------------	------------------	--------------	-------------

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

Percentages based upon a daily energy intake of 2000 kcal.