



Nutritional Report

Recipe Name : **Celeriac And Lentils With Hazelnuts And Mint**

Recipe Category:

Author : **Ottolenghi**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 481.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	445	22	<div><div></div></div>
Protein	11g	21	<div><div></div></div>
Other Carbohydrate	18g	11	<div><div></div></div>
Sugar	4g	4	<div><div></div></div>
Fat Saturated	4g	19	<div><div></div></div>
Fat Unsaturated	31g	62	<div><div></div></div>
Fiber	13g	51	<div><div></div></div>
Sodium	2g	66	<div><div></div></div>
Salt	4g	70	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

<div><div>MED</div>Fat</div>	<div><div>LOW</div>Saturates</div>	<div><div>LOW</div>Sugar</div>	<div><div>MED</div>Salt</div>
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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.