



Nutritional Report

Recipe Name : **Saffron Rice With Cranberries Pistachio And Mixed Herbs**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 247.00 Grams

Nutritional Information Per Portion

| | Content | %GDA | |
|--------------------|---------|------|--|
| Energy Kcal | 325 | 16 | |
| Protein | 7g | 14 | |
| Other Carbohydrate | 51g | 30 | |
| Sugar | 1g | 1 | |
| Fat Saturated | 4g | 20 | |
| Fat Unsaturated | 5g | 11 | |
| Fiber | 1g | 6 | |
| Sodium | 0g | 0 | |
| Salt | 0g | 1 | |

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

| | | |
|----------------|------------------|-----------------|
| LOW Fat | LOW Sugar | LOW 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.