



Nutritional Report

Recipe Name : **A-Malaccan Black Pepper Crab With Black Beans Ginger And Curry Leaves**
Recipe Category:
Author : **Rick Stein**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 618.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	853	43	<div><div></div></div>
Protein	95g	190	<div><div></div></div>
Other Carbohydrate	13g	8	<div><div></div></div>
Sugar	7g	8	<div><div></div></div>
Fat Saturated	9g	43	<div><div></div></div>
Fat Unsaturated	30g	60	<div><div></div></div>
Fiber	4g	17	<div><div></div></div>
Sodium	2g	62	<div><div></div></div>
Salt	4g	65	<div><div></div></div>

Recipe Alerts

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.