



Nutritional Report

Recipe Name : **A-Meatzza**
Recipe Category:
Author : **Nigella Lawson**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 222.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	364	18	
Protein	28g	55	
Other Carbohydrate	7g	4	
Sugar	2g	2	
Fat Saturated	12g	59	
Fat Unsaturated	10g	20	
Fiber	1g	4	
Sodium	0g	15	
Salt	1g	16	

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.