



Nutritional Report

Recipe Name : Turkish Stuffed Tomatoes

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 448.00 Grams

Nutritional Information Per Portion

| | Content | %GDA | |
|--------------------|---------|------|------------------------|
| Energy Kcal | 242 | 12 | <div><div></div></div> |
| Protein | 6g | 12 | <div><div></div></div> |
| Other Carbohydrate | 28g | 17 | <div><div></div></div> |
| Sugar | 14g | 15 | <div><div></div></div> |
| Fat Saturated | 1g | 4 | <div><div></div></div> |
| Fat Unsaturated | 5g | 11 | <div><div></div></div> |
| Fiber | 5g | 22 | <div><div></div></div> |
| Sodium | 0g | 10 | <div><div></div></div> |
| Salt | 1g | 10 | <div><div></div></div> |

Recipe Alerts

| | |
|---|--|
| Special Dietary Requirements Suitability: | <div><div> VEGAN Vegan</div><div> Vegetarian</div><div> KOSHER Kosher</div><div> HALAL Halal</div></div> |
| Allergen Warnings: | <div><div> Milk</div><div> Celery</div></div> |

Traffic Lights

| | | | |
|------------------------------|------------------------------------|--------------------------------|-------------------------------|
| <div><div>LOW</div>Fat</div> | <div><div>LOW</div>Saturates</div> | <div><div>LOW</div>Sugar</div> | <div><div>LOW</div>Salt</div> |
|------------------------------|------------------------------------|--------------------------------|-------------------------------|

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

Percentages based upon a daily energy intake of 2000 kcal.