



Nutritional Report

Recipe Name : **Creme Brulee**
Recipe Category:
Author : **Jamie Oliver**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**




Weight Per Portion

One portion of this dish weighs approximately 156.00 Grams



Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	355	18	<div><div></div></div>
Protein	3g	5	<div><div></div></div>
Other Carbohydrate	0g	0	<div><div></div></div>
Sugar	24g	27	<div><div></div></div>
Fat Saturated	17g	85	<div><div></div></div>
Fat Unsaturated	8g	16	<div><div></div></div>
Fiber	1g	3	<div><div></div></div>
Sodium	0g	1	<div><div></div></div>
Salt	0g	1	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Milk  Egg

Traffic Lights

 MED Fat	 HIGH Saturates	 MED Sugar	 LOW Salt
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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.