



## Nutritional Report

Recipe Name : **Stir-Fried Chinese Greens With Ginger Oyster And Soy Sauce**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 90.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	108	5	<div><div></div></div>
Protein	2g	4	<div><div></div></div>
Other Carbohydrate	3g	2	<div><div></div></div>
Sugar	1g	1	<div><div></div></div>
Fat Saturated	1g	5	<div><div></div></div>
Fat Unsaturated	9g	17	<div><div></div></div>
Fiber	1g	5	<div><div></div></div>
Sodium	0g	18	<div><div></div></div>
Salt	1g	18	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



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.