



## Nutritional Report

Recipe Name : **Sea Bream With Mediterranean Sauce**

Recipe Category:

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Created : **February 16, 2015**

Last Updated : **December 20, 2018**

### Weight Per Portion

One portion of this dish weighs approximately 362.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	278	14	<div><div></div></div>
Protein	34g	67	<div><div></div></div>
Other Carbohydrate	11g	6	<div><div></div></div>
Sugar	6g	6	<div><div></div></div>
Fat Saturated	1g	3	<div><div></div></div>
Fat Unsaturated	4g	7	<div><div></div></div>
Fiber	3g	14	<div><div></div></div>
Sodium	1g	54	<div><div></div></div>
Salt	3g	56	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Allergen Warnings:



### Traffic Lights

<b>LOW</b> Fat	<b>LOW</b> Saturates	<b>LOW</b> Sugar	<b>MED</b> 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.