



Nutritional Report

Recipe Name : **Libyan Soup With Couscous**

Recipe Category:

Author : **Delia Smith**

Created : **February 16, 2015**

Last Updated : **October 23, 2015**

Weight Per Portion

One portion of this dish weighs approximately 242.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	237	12	<div><div></div></div>
Protein	9g	18	<div><div></div></div>
Other Carbohydrate	14g	8	<div><div></div></div>
Sugar	8g	9	<div><div></div></div>
Fat Saturated	4g	20	<div><div></div></div>
Fat Unsaturated	7g	14	<div><div></div></div>
Fiber	4g	16	<div><div></div></div>
Sodium	1g	29	<div><div></div></div>
Salt	2g	30	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

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