



## Nutritional Report

Recipe Name : **Marinated Rack Of Lamb With Coriander And Honey**

Recipe Category:

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Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 290.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	821	41	<div><div></div></div>
Protein	28g	57	<div><div></div></div>
Other Carbohydrate	2g	1	<div><div></div></div>
Sugar	11g	12	<div><div></div></div>
Fat Saturated	25g	126	<div><div></div></div>
Fat Unsaturated	43g	86	<div><div></div></div>
Fiber	0g	2	<div><div></div></div>
Sodium	2g	62	<div><div></div></div>
Salt	4g	65	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Allergen Warnings:



### Traffic Lights

<div><div>MED</div>Fat</div>	<div><div>HIGH</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.