



## Nutritional Report

Recipe Name : **Baked Jerusalem Artichokes, Breadcrumbs, Thyme And Lemon**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 315.00 Grams

### Nutritional Information Per Portion

|                    | Content | %GDA |                        |
|--------------------|---------|------|------------------------|
| Energy Kcal        | 665     | 33   | <div><div></div></div> |
| Protein            | 28g     | 56   | <div><div></div></div> |
| Other Carbohydrate | 44g     | 26   | <div><div></div></div> |
| Sugar              | 19g     | 21   | <div><div></div></div> |
| Fat Saturated      | 22g     | 110  | <div><div></div></div> |
| Fat Unsaturated    | 10g     | 20   | <div><div></div></div> |
| Fiber              | 4g      | 18   | <div><div></div></div> |
| Sodium             | 1g      | 41   | <div><div></div></div> |
| Salt               | 3g      | 43   | <div><div></div></div> |

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Allergen Warnings:



The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.