



Nutritional Report

Recipe Name : **Gennaros Meatball Sandwiches**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **May 7, 2015**

Weight Per Portion

One portion of this dish weighs approximately 242.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	473	24	<div><div></div></div>
Protein	21g	41	<div><div></div></div>
Other Carbohydrate	24g	14	<div><div></div></div>
Sugar	4g	4	<div><div></div></div>
Fat Saturated	13g	67	<div><div></div></div>
Fat Unsaturated	16g	31	<div><div></div></div>
Fiber	2g	8	<div><div></div></div>
Sodium	0g	16	<div><div></div></div>
Salt	1g	17	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Milk



Egg



Nuts



Sulphur Dioxide

Traffic Lights



MED

Fat



HIGH

Saturates



LOW

Sugar

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

Percentages based upon a daily energy intake of 2000 kcal.