



Nutritional Report

Recipe Name : **Pulled Pork Sandwich With Pomegranate Salad**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 518.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	629	31	
Protein	88g	176	
Other Carbohydrate	3g	2	
Sugar	15g	16	
Fat Saturated	7g	33	
Fat Unsaturated	15g	29	
Fiber	2g	6	
Sodium	0g	18	
Salt	1g	19	

Recipe Alerts

Allergen Warnings:



Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.