



Nutritional Report

Recipe Name : **Black Bean Chilli With Avocado Salsa**

Recipe Category:

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Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 338.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	560	28	
Protein	29g	58	
Other Carbohydrate	27g	16	
Sugar	5g	6	
Fat Saturated	8g	41	
Fat Unsaturated	26g	51	
Fiber	9g	36	
Sodium	0g	3	
Salt	0g	3	

Recipe Alerts

Allergen Warnings:



Gluten

Traffic Lights



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

Percentages based upon a daily energy intake of 2000 kcal.