



Nutritional Report

Recipe Name : **Best Roast Beef**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 791.00 Grams

Nutritional Information Per Portion

| | Content | %GDA | |
|--------------------|---------|------|------------------------|
| Energy Kcal | 761 | 38 | <div><div></div></div> |
| Protein | 78g | 156 | <div><div></div></div> |
| Other Carbohydrate | 54g | 32 | <div><div></div></div> |
| Sugar | 0g | 0 | <div><div></div></div> |
| Fat Saturated | 10g | 49 | <div><div></div></div> |
| Fat Unsaturated | 11g | 23 | <div><div></div></div> |
| Fiber | 12g | 48 | <div><div></div></div> |
| Sodium | 3g | 129 | <div><div></div></div> |
| Salt | 8g | 134 | <div><div></div></div> |

Recipe Alerts

Allergen Warnings:



Traffic Lights

| | | | |
|-------------------------------|-------------------------------------|---------------------------------|--------------------------------|
| <div><div>LOW</div></div> Fat | <div><div>LOW</div></div> Saturates | <div><div>LOW</div></div> Sugar | <div><div>MED</div></div> Salt |
|-------------------------------|-------------------------------------|---------------------------------|--------------------------------|

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

Percentages based upon a daily energy intake of 2000 kcal.