



Nutritional Report

Recipe Name : **Wok-cooked Fragrant Mussels**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 290.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	706	35	
Protein	63g	125	
Other Carbohydrate	24g	14	
Sugar	1g	1	
Fat Saturated	21g	107	
Fat Unsaturated	13g	26	
Fiber	1g	2	
Sodium	1g	59	
Salt	4g	61	

Recipe Alerts

Allergen Warnings:



Molluscs Sesame

Traffic Lights

Fat	Saturates	Sugar	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.