



Nutritional Report

Recipe Name : **Spicy Spaghetti Vongole**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 336.00 Grams

Nutritional Information Per Portion

| | Content | %GDA | |
|--------------------|---------|------|--|
| Energy Kcal | 430 | 21 | |
| Protein | 40g | 81 | |
| Other Carbohydrate | 48g | 28 | |
| Sugar | 4g | 4 | |
| Fat Saturated | 1g | 6 | |
| Fat Unsaturated | 5g | 10 | |
| Fiber | 3g | 10 | |
| Sodium | 0g | 1 | |
| Salt | 0g | 1 | |

Recipe Alerts

Allergen Warnings:



Traffic Lights

| | | | |
|----------------|----------------------|------------------|-----------------|
| LOW Fat | LOW Saturates | LOW Sugar | LOW 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.