



Nutritional Report

Recipe Name : Winter Vegetable Pie With A Parmesan Crust

Recipe Category:

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Created : February 16, 2015

Last Updated : December 20, 2018

Weight Per Portion

One portion of this dish weighs approximately 401.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	555	28	<div><div></div></div>
Protein	20g	40	<div><div></div></div>
Other Carbohydrate	33g	19	<div><div></div></div>
Sugar	13g	14	<div><div></div></div>
Fat Saturated	22g	110	<div><div></div></div>
Fat Unsaturated	9g	19	<div><div></div></div>
Fiber	6g	25	<div><div></div></div>
Sodium	1g	41	<div><div></div></div>
Salt	3g	43	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Gluten



Milk



Egg



Celery



Mustard

Traffic Lights

<div><div>LOW</div></div> Fat	<div><div>HIGH</div></div> Saturates	<div><div>LOW</div></div> Sugar	<div><div>MED</div></div> 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.