



## Nutritional Report

Recipe Name : **Sweet Kale With Lentils And Pine Nuts**

Recipe Category:

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Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 368.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	455	23	<div><div></div></div>
Protein	10g	20	<div><div></div></div>
Other Carbohydrate	23g	14	<div><div></div></div>
Sugar	30g	33	<div><div></div></div>
Fat Saturated	5g	24	<div><div></div></div>
Fat Unsaturated	19g	38	<div><div></div></div>
Fiber	7g	28	<div><div></div></div>
Sodium	1g	33	<div><div></div></div>
Salt	2g	35	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Allergen Warnings:



### Traffic Lights

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