



Nutritional Report

Recipe Name : **Tomato Sauce**
 Created By : **marco**
 Created : **February 16, 2015**
 Last Updated : **May 30, 2015**

Weight Per Portion

One portion of this dish weighs approximately 422.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	125	6	
Protein	4g	8	
Other Carbohydrate	2g	1	
Sugar	12g	13	
Fat Saturated	1g	4	
Fat Unsaturated	5g	10	
Fiber	3g	13	
Sodium	0g	6	
Salt	0g	7	

Recipe Alerts

Special Dietary Requirements Suitability:



Allergen Warnings:



Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.