



Nutritional Report

Recipe Name : **Peppy Paneer Copyyyyyy**
 Created By : **My Name**
 Created : **September 12, 2014**
 Last Updated : **April 30, 2015**

Weight Per Portion

One portion of this dish weighs approximately 475.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	935	47	
Protein	46g	93	
Other Carbohydrate	159g	94	
Sugar	4g	4	
Fat Saturated	2g	9	
Fat Unsaturated	8g	15	
Fiber	13g	53	
Sodium	2g	73	
Salt	5g	76	

Recipe Alerts

Special Dietary Requirements Suitability:



Allergen Warnings:



Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	HIGH 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.