



Nutritional Report

Recipe Name : **Courgette Souffle**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 217.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	361	18	
Protein	17g	35	
Other Carbohydrate	10g	6	
Sugar	5g	5	
Fat Saturated	14g	70	
Fat Unsaturated	10g	20	
Fiber	1g	5	
Sodium	0g	13	
Salt	1g	14	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	   Gluten Milk Egg

Traffic Lights

 MED Fat	 HIGH Saturates	 LOW Sugar
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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.