



## Nutritional Report

Recipe Name : **A-Kidney Bean Curry**

Recipe Category:

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Created : **February 16, 2015**

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### Weight Per Portion

One portion of this dish weighs approximately 164.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	196	10	
Protein	4g	8	
Other Carbohydrate	9g	5	
Sugar	5g	5	
Fat Saturated	2g	9	
Fat Unsaturated	6g	11	
Fiber	2g	8	
Sodium	0g	9	
Salt	1g	9	

### Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Milk

### Traffic Lights

<b>Fat</b>	<b>Saturates</b>	<b>Sugar</b>	<b>Salt</b>
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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.