



## Nutritional Report

Recipe Name : **Clam Chowder With Cod**

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 248.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	251	13	
Protein	14g	27	
Other Carbohydrate	12g	7	
Sugar	6g	6	
Fat Saturated	9g	43	
Fat Unsaturated	5g	10	
Fiber	2g	9	
Sodium	0g	10	
Salt	1g	10	

### Recipe Alerts

Allergen Warnings:



### Traffic Lights

<b>LOW</b> Fat	<b>MED</b> Saturates	<b>LOW</b> Sugar	<b>LOW</b> 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.