

Nutritional Report

Recipe Name: Clam Chowder With Cod

Recipe Category:

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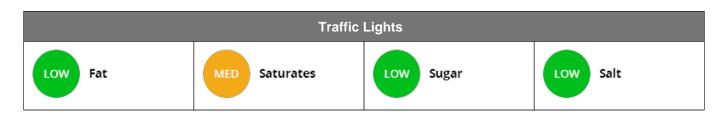
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Weight Per Portion

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:	Gluten Molluscs Fish Milk	



The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.