



Nutritional Report

Recipe Name : **Crab Saffron And Leek Quiche**

Recipe Category:

Author : **Rick Stein**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 292.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	565	28	<div><div></div></div>
Protein	19g	39	<div><div></div></div>
Other Carbohydrate	31g	18	<div><div></div></div>
Sugar	3g	3	<div><div></div></div>
Fat Saturated	22g	110	<div><div></div></div>
Fat Unsaturated	13g	27	<div><div></div></div>
Fiber	2g	7	<div><div></div></div>
Sodium	1g	27	<div><div></div></div>
Salt	2g	28	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Crustaceans



Fish



Milk



Egg



Celery

Traffic Lights



Fat



Saturates



Sugar



Salt

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

Percentages based upon a daily energy intake of 2000 kcal.