



## Nutritional Report

Recipe Name : **A-Penne With Tomato Basil Olives And Pecorino**

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 434.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	772	39	<div><div></div></div>
Protein	29g	58	<div><div></div></div>
Other Carbohydrate	95g	56	<div><div></div></div>
Sugar	10g	11	<div><div></div></div>
Fat Saturated	12g	59	<div><div></div></div>
Fat Unsaturated	16g	32	<div><div></div></div>
Fiber	5g	21	<div><div></div></div>
Sodium	1g	29	<div><div></div></div>
Salt	1g	14	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Vegetarian

Allergen Warnings:



Gluten



Milk

### Traffic Lights

<div><div>MED</div>Fat</div>	<div><div>MED</div>Saturates</div>	<div><div>LOW</div>Sugar</div>	<div><div>LOW</div>Salt</div>
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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.