



Nutritional Report

Recipe Name : **Maple Roast Parsnips**

Recipe Category:

Author : **Nigella Lawson**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 153.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	237	12	<div><div></div></div>
Protein	2g	5	<div><div></div></div>
Other Carbohydrate	9g	6	<div><div></div></div>
Sugar	15g	17	<div><div></div></div>
Fat Saturated	12g	59	<div><div></div></div>
Fat Unsaturated	3g	5	<div><div></div></div>
Fiber	6g	23	<div><div></div></div>
Sodium	0g	1	<div><div></div></div>
Salt	0g	1	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



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.