



## Nutritional Report

Recipe Name : **B-Shepherds Pie**

Recipe Category:

Author : **Gordon Ramsay**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 642.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	828	41	<div><div></div></div>
Protein	44g	87	<div><div></div></div>
Other Carbohydrate	43g	25	<div><div></div></div>
Sugar	8g	9	<div><div></div></div>
Fat Saturated	26g	129	<div><div></div></div>
Fat Unsaturated	20g	40	<div><div></div></div>
Fiber	6g	26	<div><div></div></div>
Sodium	0g	19	<div><div></div></div>
Salt	1g	19	<div><div></div></div>

### Recipe Alerts

Allergen Warnings:



Gluten



Fish



Milk



Egg



Celery



Sulphur Dioxide

### Traffic Lights



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.