



## Nutritional Report

Recipe Name : **Boston Baked Beans**  
Recipe Category:  
Author : **Hugh Fearnley-Whittingstall**  
Created : **February 16, 2015**  
Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 207.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	654	33	<div><div></div></div>
Protein	25g	50	<div><div></div></div>
Other Carbohydrate	41g	24	<div><div></div></div>
Sugar	18g	20	<div><div></div></div>
Fat Saturated	13g	66	<div><div></div></div>
Fat Unsaturated	21g	42	<div><div></div></div>
Fiber	15g	59	<div><div></div></div>
Sodium	0g	6	<div><div></div></div>
Salt	0g	7	<div><div></div></div>

### Recipe Alerts

Allergen Warnings:



### Traffic Lights

<div><div>MED</div>Fat</div>	<div><div>HIGH</div>Saturates</div>	<div><div>MED</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.