



Nutritional Report

Recipe Name : Courgette And Goats Cheese Salad

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 567.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	375	19	<div><div></div></div>
Protein	15g	29	<div><div></div></div>
Other Carbohydrate	4g	3	<div><div></div></div>
Sugar	10g	11	<div><div></div></div>
Fat Saturated	8g	42	<div><div></div></div>
Fat Unsaturated	20g	41	<div><div></div></div>
Fiber	5g	21	<div><div></div></div>
Sodium	0g	9	<div><div></div></div>
Salt	1g	9	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

<div><div>MED</div>Fat</div>	<div><div>LOW</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.