



## Nutritional Report

Recipe Name : **Lettuce Risotto**  
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 878.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	443	22	<div><div></div></div>
Protein	12g	25	<div><div></div></div>
Other Carbohydrate	56g	33	<div><div></div></div>
Sugar	13g	15	<div><div></div></div>
Fat Saturated	3g	16	<div><div></div></div>
Fat Unsaturated	9g	18	<div><div></div></div>
Fiber	11g	42	<div><div></div></div>
Sodium	0g	4	<div><div></div></div>
Salt	0g	5	<div><div></div></div>

### Recipe Alerts

Special Dietary  
Requirements Suitability:



Allergen Warnings:



### Traffic Lights

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