



Nutritional Report

Recipe Name : **Chorizo And Chickpea Stew**

Recipe Category:

Author : **Nigella Lawson**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 683.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,151	58	<div><div></div></div>
Protein	46g	93	<div><div></div></div>
Other Carbohydrate	139g	82	<div><div></div></div>
Sugar	24g	27	<div><div></div></div>
Fat Saturated	10g	51	<div><div></div></div>
Fat Unsaturated	16g	32	<div><div></div></div>
Fiber	10g	42	<div><div></div></div>
Sodium	2g	75	<div><div></div></div>
Salt	5g	79	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Traffic Lights

<div><div>LOW</div>Fat</div>	<div><div>LOW</div>Saturates</div>	<div><div>LOW</div>Sugar</div>	<div><div>MED</div>Salt</div>
------------------------------	------------------------------------	--------------------------------	-------------------------------

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.