



## Nutritional Report

Recipe Name : **B-Orange Braised Lamb Shanks**

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 313.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	244	12	
Protein	3g	6	
Other Carbohydrate	9g	6	
Sugar	8g	9	
Fat Saturated	2g	8	
Fat Unsaturated	10g	19	
Fiber	4g	14	
Sodium	0g	11	
Salt	1g	12	

### Recipe Alerts

Allergen Warnings:



### Traffic Lights

<b>LOW</b> Saturates	<b>LOW</b> Sugar	<b>LOW</b> 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.