



Nutritional Report

Recipe Name : **B-Hot Chocolate Fondant**

Recipe Category:

Author : **Gordon Ramsay**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**





Weight Per Portion

One portion of this dish weighs approximately 139.00 Grams




Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	554	28	<div><div></div></div>
Protein	7g	14	<div><div></div></div>
Other Carbohydrate	13g	8	<div><div></div></div>
Sugar	23g	25	<div><div></div></div>
Fat Saturated	27g	137	<div><div></div></div>
Fat Unsaturated	13g	25	<div><div></div></div>
Fiber	2g	8	<div><div></div></div>
Sodium	0g	3	<div><div></div></div>
Salt	0g	3	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	   Gluten Milk Egg

Traffic Lights

 Fat	 Saturates	 Sugar	 Salt
--	--	--	---

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

Percentages based upon a daily energy intake of 2000 kcal.