



Nutritional Report

Recipe Name : **Risotto Of Fresh Wild Mushrooms**

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 545.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	953	48	<div><div></div></div>
Protein	40g	81	<div><div></div></div>
Other Carbohydrate	99g	58	<div><div></div></div>
Sugar	5g	6	<div><div></div></div>
Fat Saturated	22g	111	<div><div></div></div>
Fat Unsaturated	14g	28	<div><div></div></div>
Fiber	26g	105	<div><div></div></div>
Sodium	1g	57	<div><div></div></div>
Salt	4g	59	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

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