



Nutritional Report

Recipe Name : **B-Chicken Tikka Masala**

Recipe Category:

Author : **Gordon Ramsay**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 479.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	565	28	<div><div></div></div>
Protein	19g	38	<div><div></div></div>
Other Carbohydrate	87g	51	<div><div></div></div>
Sugar	12g	13	<div><div></div></div>
Fat Saturated	2g	10	<div><div></div></div>
Fat Unsaturated	7g	14	<div><div></div></div>
Fiber	3g	12	<div><div></div></div>
Sodium	0g	4	<div><div></div></div>
Salt	0g	4	<div><div></div></div>

Recipe Alerts

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.