



Nutritional Report

Recipe Name : **B-Aromatic Pork Belly Hotpot**

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 401.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,358	68	<div><div></div></div>
Protein	26g	52	<div><div></div></div>
Other Carbohydrate	3g	2	<div><div></div></div>
Sugar	7g	8	<div><div></div></div>
Fat Saturated	48g	242	<div><div></div></div>
Fat Unsaturated	76g	152	<div><div></div></div>
Fiber	1g	3	<div><div></div></div>
Sodium	2g	69	<div><div></div></div>
Salt	4g	72	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten Soybeans Celery

Traffic Lights

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