



Nutritional Report

Recipe Name : **Roast Chicken With Dates Olives And Capers**

Recipe Category:

Author : **Ottolenghi**

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Weight Per Portion

One portion of this dish weighs approximately 596.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,154	58	
Protein	93g	185	
Other Carbohydrate	3g	2	
Sugar	14g	16	
Fat Saturated	20g	98	
Fat Unsaturated	54g	107	
Fiber	2g	7	
Sodium	1g	47	
Salt	3g	49	

Recipe Alerts

Allergen Warnings:



Traffic Lights

Fat	Saturates	Sugar	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.