



Nutritional Report

Recipe Name : **A-Italian Christmas Pudding Cake**

Recipe Category:

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Created : **February 16, 2015**

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Weight Per Portion

One portion of this dish weighs approximately 84.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	336	17	
Protein	5g	9	
Other Carbohydrate	2g	1	
Sugar	7g	7	
Fat Saturated	14g	71	
Fat Unsaturated	15g	30	
Fiber	1g	3	
Sodium	0g	16	
Salt	1g	17	

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

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.