



## Nutritional Report

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

Recipe Category:

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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:



Vegetarian

Allergen Warnings:



Milk



Egg



Nuts

### Traffic Lights

HIGH

Saturates

MED

Sugar

MED

Salt

The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.