



## Nutritional Report

Recipe Name : **Real Vanilla Ice Cream**  
Recipe Category:  
Author : **Hugh Fearnley-Whittingstall**  
Created : **February 16, 2015**  
Last Updated : **February 16, 2015**




### Weight Per Portion

One portion of this dish weighs approximately 203.00 Grams



### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	762	38	<div><div></div></div>
Protein	5g	10	<div><div></div></div>
Other Carbohydrate	0g	0	<div><div></div></div>
Sugar	28g	32	<div><div></div></div>
Fat Saturated	42g	209	<div><div></div></div>
Fat Unsaturated	22g	44	<div><div></div></div>
Fiber	0g	0	<div><div></div></div>
Sodium	0g	1	<div><div></div></div>
Salt	0g	2	<div><div></div></div>

### Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	  Milk Egg

### Traffic Lights

 <b>Fat</b>	 <b>Saturates</b>	 <b>Sugar</b>	 <b>Salt</b>
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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.