



Nutritional Report

Recipe Name : **Fish Stock**

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 1,018.00 Grams

Nutritional Information Per Portion

| | Content | %GDA | |
|--------------------|---------|------|--|
| Energy Kcal | 153 | 8 | |
| Protein | 8g | 17 | |
| Other Carbohydrate | 9g | 5 | |
| Sugar | 7g | 8 | |
| Fat Saturated | 0g | 1 | |
| Fat Unsaturated | 0g | 1 | |
| Fiber | 4g | 16 | |
| Sodium | 1g | 60 | |
| Salt | 4g | 63 | |

Recipe Alerts

Allergen Warnings:



Gluten



Celery

Traffic Lights

| | | |
|----------------|----------------------|------------------|
| LOW Fat | LOW Saturates | LOW Sugar |
|----------------|----------------------|------------------|

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

Percentages based upon a daily energy intake of 2000 kcal.