



Nutritional Report

Recipe Name : **A-Lamb Cutlets With Mint Chilli And Golden Potatoes**

Recipe Category:

Author : **Nigella Lawson**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 171.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	196	10	<div><div></div></div>
Protein	3g	6	<div><div></div></div>
Other Carbohydrate	19g	11	<div><div></div></div>
Sugar	2g	2	<div><div></div></div>
Fat Saturated	2g	9	<div><div></div></div>
Fat Unsaturated	10g	19	<div><div></div></div>
Fiber	2g	7	<div><div></div></div>
Sodium	0g	18	<div><div></div></div>
Salt	1g	19	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Vegan



Vegetarian



Kosher



Halal

Traffic Lights

<div><div>MED</div></div> Fat	<div><div>LOW</div></div> Saturates	<div><div>LOW</div></div> Sugar	<div><div>MED</div></div> 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.