



Nutritional Report

Recipe Name : **Spicy Lentil Soup With Squash Tomato And Green Beans**

Recipe Category:

Author : **Rick Stein**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**






Weight Per Portion

One portion of this dish weighs approximately 153.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	194	10	<div><div></div></div>
Protein	6g	12	<div><div></div></div>
Other Carbohydrate	15g	9	<div><div></div></div>
Sugar	5g	5	<div><div></div></div>
Fat Saturated	1g	7	<div><div></div></div>
Fat Unsaturated	9g	18	<div><div></div></div>
Fiber	3g	10	<div><div></div></div>
Sodium	0g	18	<div><div></div></div>
Salt	1g	18	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	<div><div>Vegan</div><div>Vegetarian</div><div>Kosher</div><div>Halal</div></div>
Allergen Warnings:	<div><div>Mustard</div></div>

Traffic Lights

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