



Nutritional Report

Recipe Name : Caramelised Button Sprouts And Shallots With Sherry Vinegar

Recipe Category:

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Created : February 16, 2015

Last Updated : February 16, 2015

Weight Per Portion

One portion of this dish weighs approximately 134.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	90	4	
Protein	4g	8	
Other Carbohydrate	5g	3	
Sugar	3g	3	
Fat Saturated	2g	9	
Fat Unsaturated	2g	5	
Fiber	4g	14	
Sodium	0g	3	
Salt	0g	3	

Recipe Alerts

Allergen Warnings:



Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.