



Nutritional Report

Recipe Name : **Strawberry Gelati Italian Style**

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 226.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	213	11	<div><div></div></div>
Protein	1g	3	<div><div></div></div>
Other Carbohydrate	1g	1	<div><div></div></div>
Sugar	54g	60	<div><div></div></div>
Fat Saturated	0g	0	<div><div></div></div>
Fat Unsaturated	0g	0	<div><div></div></div>
Fiber	2g	8	<div><div></div></div>
Sodium	0g	1	<div><div></div></div>
Salt	0g	1	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Vegan



Vegetarian



Kosher



Halal

Traffic Lights

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