



Nutritional Report

Recipe Name : **Duck Ragu And Homemade Pici Pasta**

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 424.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	779	39	<div><div></div></div>
Protein	16g	31	<div><div></div></div>
Other Carbohydrate	65g	38	<div><div></div></div>
Sugar	20g	23	<div><div></div></div>
Fat Saturated	6g	30	<div><div></div></div>
Fat Unsaturated	32g	63	<div><div></div></div>
Fiber	8g	30	<div><div></div></div>
Sodium	0g	6	<div><div></div></div>
Salt	0g	6	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Milk



Egg



Celery



Sulphur Dioxide

Traffic Lights



MED

Fat



LOW

Saturates



LOW

Sugar



LOW

Salt

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

Percentages based upon a daily energy intake of 2000 kcal.