



## Nutritional Report

Recipe Name : **Carrot And Artichoke Soup**

Recipe Category:

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Created : **February 16, 2015**

Last Updated : **September 25, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 73.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	195	10	
Protein	19g	38	
Other Carbohydrate	1g	1	
Sugar	1g	1	
Fat Saturated	7g	34	
Fat Unsaturated	3g	7	
Fiber	0g	1	
Sodium	1g	36	
Salt	2g	38	

### Recipe Alerts

Allergen Warnings:



### Traffic Lights

<b>Fat</b>	<b>Saturates</b>	<b>Sugar</b>	<b>Salt</b>
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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.