



Nutritional Report

Recipe Name : **Carrot And Artichoke Soup**
Author : **Delia Smith**
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



Fat



Saturates



Sugar



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.