



Nutritional Report

Recipe Name : **Baked Jerusalem Artichokes, Breadcrumbs, Thyme And Lemon**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 315.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	665	33	<div><div></div></div>
Protein	28g	56	<div><div></div></div>
Other Carbohydrate	44g	26	<div><div></div></div>
Sugar	19g	21	<div><div></div></div>
Fat Saturated	22g	110	<div><div></div></div>
Fat Unsaturated	10g	20	<div><div></div></div>
Fiber	4g	18	<div><div></div></div>
Sodium	1g	41	<div><div></div></div>
Salt	3g	43	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



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

Percentages based upon a daily energy intake of 2000 kcal.