



Nutritional Report

Recipe Name : **Marinated Lamb**

Recipe Category:

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Created : **February 16, 2015**

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Weight Per Portion

One portion of this dish weighs approximately 80.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	61	3	
Protein	4g	8	
Other Carbohydrate	6g	3	
Sugar	1g	1	
Fat Saturated	0g	1	
Fat Unsaturated	1g	3	
Fiber	2g	7	
Sodium	0g	4	
Salt	0g	4	

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

LOW Fat	LOW Saturates	LOW Sugar	LOW 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.