



Nutritional Report

Recipe Name : **Marinated Aubergine With Tahini & Oregano**

Recipe Category:

Author : **Ottolenghi**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 279.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	219	11	<div><div></div></div>
Protein	2g	5	<div><div></div></div>
Other Carbohydrate	1g	1	<div><div></div></div>
Sugar	5g	6	<div><div></div></div>
Fat Saturated	3g	15	<div><div></div></div>
Fat Unsaturated	17g	34	<div><div></div></div>
Fiber	5g	19	<div><div></div></div>
Sodium	1g	23	<div><div></div></div>
Salt	1g	24	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Vegan



Vegetarian



Kosher



Halal

Traffic Lights

<div><div>MED</div></div> Fat	<div><div>LOW</div></div> Saturates	<div><div>LOW</div></div> Sugar	<div><div>MED</div></div> 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.