



Nutritional Report

Recipe Name : **A-Moussaka With Roasted Aubergines And Ricotta**

Recipe Category:

Author : **Delia Smith**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 463.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	425	21	<div><div></div></div>
Protein	26g	51	<div><div></div></div>
Other Carbohydrate	8g	5	<div><div></div></div>
Sugar	11g	12	<div><div></div></div>
Fat Saturated	12g	62	<div><div></div></div>
Fat Unsaturated	13g	26	<div><div></div></div>
Fiber	5g	21	<div><div></div></div>
Sodium	0g	8	<div><div></div></div>
Salt	1g	8	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Milk



Egg



Sulphur Dioxide

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.