



Nutritional Report

Recipe Name : **Black Bean Chilli With Avocado Salsa**

Recipe Category:

Author : **Jamie Oliver**

Created : **February 16, 2015**

Last Updated : **February 16, 2015**

Weight Per Portion

One portion of this dish weighs approximately 338.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	560	28	<div><div></div></div>
Protein	29g	58	<div><div></div></div>
Other Carbohydrate	27g	16	<div><div></div></div>
Sugar	5g	6	<div><div></div></div>
Fat Saturated	8g	41	<div><div></div></div>
Fat Unsaturated	26g	51	<div><div></div></div>
Fiber	9g	36	<div><div></div></div>
Sodium	0g	3	<div><div></div></div>
Salt	0g	3	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten

Traffic Lights

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