



Nutritional Report

Recipe Name : Moroccan Baked Chicken With Chickpeas And Rice

Recipe Category:

Author : Sample Pub Menu

Created : February 16, 2015

Last Updated : May 10, 2016

Weight Per Portion

One portion of this dish weighs approximately 1,112.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	1,160	58	<div><div></div></div>
Protein	78g	155	<div><div></div></div>
Other Carbohydrate	68g	40	<div><div></div></div>
Sugar	10g	11	<div><div></div></div>
Fat Saturated	14g	71	<div><div></div></div>
Fat Unsaturated	39g	79	<div><div></div></div>
Fiber	8g	32	<div><div></div></div>
Sodium	1g	32	<div><div></div></div>
Salt	2g	29	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Traffic Lights

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