



## Nutritional Report

Recipe Name : **Best Roast Beef**

Recipe Category:

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Created : **February 16, 2015**

Last Updated : **February 16, 2015**

### Weight Per Portion

One portion of this dish weighs approximately 791.00 Grams

### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	761	38	<div><div></div></div>
Protein	78g	156	<div><div></div></div>
Other Carbohydrate	54g	32	<div><div></div></div>
Sugar	0g	0	<div><div></div></div>
Fat Saturated	10g	49	<div><div></div></div>
Fat Unsaturated	11g	23	<div><div></div></div>
Fiber	12g	48	<div><div></div></div>
Sodium	3g	129	<div><div></div></div>
Salt	8g	134	<div><div></div></div>

### Recipe Alerts

Allergen Warnings:



### Traffic Lights

<div><div>LOW</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.