



Nutritional Report

Recipe Name : Chestnut Soup With Bacon And Thyme Croutons

Recipe Category:

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Weight Per Portion

One portion of this dish weighs approximately 497.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	407	20	<div><div></div></div>
Protein	17g	33	<div><div></div></div>
Other Carbohydrate	33g	19	<div><div></div></div>
Sugar	6g	7	<div><div></div></div>
Fat Saturated	4g	22	<div><div></div></div>
Fat Unsaturated	17g	34	<div><div></div></div>
Fiber	4g	15	<div><div></div></div>
Sodium	2g	86	<div><div></div></div>
Salt	5g	90	<div><div></div></div>

Recipe Alerts

Allergen Warnings:



Gluten



Nuts



Celery

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.