



Nutritional Report

Recipe Name : Grilled Mackerel With Green Olive, Celery & Raisin Salsa

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 127.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	372	19	<div><div></div></div>
Protein	1g	3	<div><div></div></div>
Other Carbohydrate	2g	1	<div><div></div></div>
Sugar	21g	23	<div><div></div></div>
Fat Saturated	4g	22	<div><div></div></div>
Fat Unsaturated	27g	53	<div><div></div></div>
Fiber	2g	7	<div><div></div></div>
Sodium	0g	19	<div><div></div></div>
Salt	1g	20	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

<div><div>HIGH</div>Fat</div>	<div><div>MED</div>Saturates</div>	<div><div>MED</div>Sugar</div>	<div><div>MED</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.