



## Nutritional Report

Recipe Name : Turkey And Sweetcorn Meatballs With Roasted Pepper Sauce

Recipe Category:

Author : Ottolenghi

Created : February 16, 2015

Last Updated : February 16, 2015




### Weight Per Portion

One portion of this dish weighs approximately 310.00 Grams





### Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	293	15	<div><div></div></div>
Protein	8g	16	<div><div></div></div>
Other Carbohydrate	20g	12	<div><div></div></div>
Sugar	13g	15	<div><div></div></div>
Fat Saturated	2g	12	<div><div></div></div>
Fat Unsaturated	12g	23	<div><div></div></div>
Fiber	5g	19	<div><div></div></div>
Sodium	1g	53	<div><div></div></div>
Salt	3g	56	<div><div></div></div>

### Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian	 Halal
Allergen Warnings:	 Gluten	 Egg

### Traffic Lights

 <b>MED</b> Fat	 <b>LOW</b> Saturates	 <b>LOW</b> Sugar	 <b>MED</b> 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.