



Nutritional Report

Recipe Name : **Spiced Chick Pea Cutlets**

Recipe Category:

Author : **Delia Smith**

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Weight Per Portion

One portion of this dish weighs approximately 283.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	642	32	<div><div></div></div>
Protein	24g	47	<div><div></div></div>
Other Carbohydrate	77g	45	<div><div></div></div>
Sugar	8g	9	<div><div></div></div>
Fat Saturated	3g	14	<div><div></div></div>
Fat Unsaturated	20g	40	<div><div></div></div>
Fiber	11g	46	<div><div></div></div>
Sodium	0g	16	<div><div></div></div>
Salt	1g	17	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	  Gluten Milk

Traffic Lights

 Fat	 Saturates	 Sugar
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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.