



Nutritional Report

Recipe Name : Winter Vegetable Pie With A Parmesan Crust

Recipe Category:

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Created : February 16, 2015

Last Updated : December 20, 2018

Weight Per Portion

One portion of this dish weighs approximately 188.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	152	8	
Protein	7g	14	
Other Carbohydrate	11g	6	
Sugar	6g	6	
Fat Saturated	4g	21	
Fat Unsaturated	2g	4	
Fiber	5g	18	
Sodium	0g	8	
Salt	0g	8	

Recipe Alerts

Special Dietary
Requirements Suitability:



Allergen Warnings:



Traffic Lights

LOW Fat	MED Saturates	LOW Sugar	LOW 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.