



Nutritional Report

Recipe Name : **Chunky Minestrone With Basil Paste And Pecorino**

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 186.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	198	10	<div><div></div></div>
Protein	2g	3	<div><div></div></div>
Other Carbohydrate	1g	1	<div><div></div></div>
Sugar	5g	5	<div><div></div></div>
Fat Saturated	3g	13	<div><div></div></div>
Fat Unsaturated	16g	31	<div><div></div></div>
Fiber	3g	14	<div><div></div></div>
Sodium	0g	0	<div><div></div></div>
Salt	0g	0	<div><div></div></div>

Recipe Alerts

Special Dietary
Requirements Suitability:



Vegan



Vegetarian



Kosher



Halal

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.