

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Bacon - Extra	146.5	7	608.0	7	11.1	16	4.2	21	0.0	0	0.0	0	11.7	23	0.0	0	1.6	26
Baked Beans - Kids Extra	74.4	4	310.6	4	0.3	0	0.1	0	13.6	5	3.6	4	4.9	10	3.6	15	0.6	10
Beef Burger Bar - Children's LN16	898.8	45	3760.1	45	43.5	62	22.9	114	281.6	108	7.2	8	41.2	82	9.7	41	2.9	49
Carrots - Kids Extra	34.3	2	143.2	2	0.3	0	0.1	0	7.7	3	7.3	8	0.6	1	3.1	13	1.2	20
Cheese and Tomato Pizza - LN16	640.8	32	2685.5	32	20.5	29	7.3	37	92.5	36	9.1	10	18.3	37	11.1	46	1.1	18
Cheesy Tomato Pasta Melt - Children's	632.6	32	2654.8	32	22.1	32	8.3	42	89.1	34	10.9	12	15.0	30	10.0	42	1.8	30
Chicken Burger Bar - Children's 2016	690.2	35	3089.2	37	17.9	26	5.7	28	280.9	108	8.7	10	57.5	115	11.3	47	1.8	30
Chicken Burger Bar - Children's LN16	825.6	41	3462.6	41	33.6	48	16.5	82	281.5	108	7.6	8	45.0	90	10.1	42	2.6	43
Chicken Dinner - Children's 2016	555.0	28	2331.4	28	16.8	24	5.4	27	68.3	26	6.3	7	28.5	57	8.8	37	1.8	29
Chicken Dippers - Children's 2016	525.3	26	2200.0	26	20.3	29	5.3	26	65.6	25	4.6	5	15.8	32	8.1	34	1.3	21
Chicken Tortilla Factory - Children's 2016	660.6	33	2768.3	33	27.6	39	10.3	51	65.0	25	9.0	10	34.9	70	5.7	24	2.6	43
Children's Potato Accompaniment - 2016	230.1	12	962.2	11	10.1	14	4.0	20	29.0	11	1.4	2	3.6	7	4.2	18	0.1	1
Children's Vegetable Accompaniment - 2016	127.5	6	537.6	6	1.4	2	0.1	1	23.8	9	2.8	3	3.2	6	3.5	15	0.5	9
Chips - Kids Extra	373.5	19	1562.0	19	16.4	23	6.5	33	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
Chocolate Brownie (Childs)	352.3	18	1465.4	17	18.7	27	4.3	22	40.6	16	29.2	32	4.7	9	1.5	6	0.4	7
Corn on the Cob - Children's Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
Donut Dipper (V) - Children's	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
Fish and Chips - children's 2016	655.2	33	2767.8	33	23.9	34	5.2	26	91.5	35	4.2	5	23.7	47	9.9	41	2.2	36
Fish Fingers - Children's 2016	541.5	27	2270.1	27	19.4	28	4.8	24	69.6	27	5.1	6	17.7	35	8.5	36	1.4	23
Gammon Steak - Children's 2016	728.8	36	3086.3	37	26.3	38	9.5	48	64.7	25	5.3	6	53.6	107	10.0	42	5.4	90
Garlic Bread - Children's Starter	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
Ham - Pizza Topping, Childrens	117.2	6	491.1	6	4.6	7	1.7	9	0.6	0	0.0	0	18.2	36	0.0	0	2.2	37
Ice Cream Sundae (V) - Children's	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
Jelly - Children's 2016	5.8	0	21.9	0	0.0	0	0.0	0	1.2	0	1.2	1	0.0	0	0.0	0	0.2	3
Jelly and Ice Cream - Children's	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
Lemon Drizzle - Children's	360.3	18	1514.8	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
Mashed Potato - Kids Extra	314.7	16	1314.7	16	15.8	23	10.5	52	38.0	15	1.2	1	3.6	7	2.9	12	0.7	12
Milk - Children's 2016	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
Mini Potato Waffles (Ve) - Kids Extra	162.2	8	675.9	8	9.4	13	1.3	6	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10
Mixed Peppers - Pizza Topping, Childrens	12.8	1	53.6	1	0.2	0	0.0	0	2.6	1	2.4	3	0.4	1	0.9	4	0.0	0
Mushroom - Pizza Topping, Childrens	5.0	0	21.3	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	1	0.6	2	0.0	0

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Nachos Starter (V) - Children's 2016	253.5	13	1057.3	13	14.9	21	6.3	32	19.9	8	1.6	2	8.6	17	1.4	6	1.0	17
New Potatoes - Kids Extra	238.8	12	1003.3	12	10.9	16	6.7	34	34.2	13	2.3	3	3.2	6	4.4	18	0.3	5
Orange Boats - Children's 2016	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
Peas - Kids Extra	67.7	3	283.4	3	0.3	0	0.1	0	8.8	3	3.0	3	5.1	10	4.5	19	1.2	20
Pineapple - Pizza Topping, Childrens	37.8	2	161.1	2	0.0	0	0.0	0	9.7	4	9.7	11	0.3	1	0.4	2	0.0	0
Pork Super Sausages - Children's LN16	577.8	29	2415.8	29	26.1	37	9.1	46	58.1	22	5.9	7	23.1	46	9.0	37	1.4	23
Quorn Sausages - Children's	424.6	21	1782.7	21	14.5	21	4.9	24	51.8	20	6.2	7	17.4	35	8.7	36	1.6	27
Red Onion - Pizza Topping, Childrens	18.3	1	76.4	1	0.1	0	0.0	0	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
Salad Sticks - Kids Extra	18.7	1	77.2	1	0.3	0	0.1	0	3.6	1	3.3	4	0.6	1	1.9	8	0.1	1
Salad Sticks Starter (V)	84.4	4	349.4	4	4.1	6	0.4	2	11.0	4	9.7	11	0.8	2	2.0	8	0.5	9
Spongebob Chocolate Tub	99.6	5	417.0	5	3.8	5	2.2	11	12.4	5	9.1	10	3.7	7	0.3	1	0.2	3
Spongebob Strawberry Tub	88.2	4	370.2	4	3.1	4	1.6	8	11.9	5	11.9	13	3.2	6	0.1	1	0.1	2
Spongebob Vanilla Tub	88.2	4	372.0	4	3.1	4	1.6	8	11.8	5	11.8	13	3.1	6	0.1	1	0.1	2
Sweetcorn - Pizza Topping, Childrens	100.8	5	425.0	5	1.1	2	0.1	0	18.8	7	2.2	2	2.5	5	2.8	12	0.4	7
Sweetcorn (V) - Kids Extra	102.0	5	430.1	5	1.1	2	0.1	0	19.0	7	2.2	2	2.6	5	2.8	12	0.4	7
Veg Pasta Shells - LN16	612.0	31	2565.4	31	19.4	28	7.2	36	87.1	33	10.9	12	16.4	33	11.3	47	1.5	25
Veggie Tortilla Factory - Children's 2016	589.3	29	2465.7	29	25.7	37	9.9	50	70.8	27	14.2	16	16.1	32	7.9	33	2.1	35
Yorkshire Pudding - Frozen	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3