

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	%
HRG M2 BBQ Sauce - Pizza Extra	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
HRG M2 Buttermilk Chicken Pizza Extra	119.3	6	500.6	6	5.3	8	2.2	11	8.8	3	0.7	1	9.0	18	1.1	5	0.4	7
HRG M2 Chicken Breast Pizza Extra	109.7	5	461.6	5	2.2	3	0.3	2	0.9	0	0.9	1	21.3	43	0.0	0	0.4	7
HRG M2 Chipotle Pulled Chicken Pizza Extra	70.6	4	299.6	4	0.7	1	0.2	1	1.1	0	0.1	0	14.9	30	0.3	1	0.2	3
HRG M2 Crispy Onions Pizza Extra	339.2	17	1406.7	17	25.6	37	12.8	64	24.5	9	8.3	9	3.3	7	2.2	9	0.8	13
HRG M2 H17 BBQ Chicken - Low Cal	441.3	22	1857.9	22	14.1	20	6.3	32	49.4	19	9.1	10	28.9	58	4.8	20	1.9	32
HRG M2 H17 BBQ Chicken - Pizza	1334.3	67	5595.0	67	58.2	83	19.9	99	132.6	51	18.5	21	68.6	137	9.0	38	6.1	101
HRG M2 H17 Berry Meringue Pizza	591.9	30	2503.0	30	12.2	17	5.8	29	108.2	42	41.9	47	12.1	24	4.4	18	1.5	24
HRG M2 H17 Berry Meringue Pizza To Share	953.2	48	4031.1	48	19.7	28	9.4	47	174.3	67	67.4	75	19.5	39	7.1	30	2.4	39
HRG M2 H17 Butcher's Block Pizza - Low Cal	390.6	20	1640.6	20	15.1	22	6.8	34	37.6	14	5.0	6	26.1	52	3.9	16	2.1	35
HRG M2 H17 Butcher's Boy - Pizza	667.3	33	2789.5	33	34.3	49	10.0	50	56.8	22	5.2	6	32.4	65	4.0	16	3.7	62
HRG M2 H17 Cheesy Garlic Pizza Bread (V)	961.5	48	4028.9	48	45.8	65	15.0	75	97.8	38	3.2	4	39.2	78	6.4	27	3.5	58
HRG M2 H17 Cheesy Mac 'n' Onion (V) - Pizza	1223.3	61	5130.0	61	53.4	76	21.1	106	135.8	52	12.2	14	48.4	97	11.1	46	5.4	89
HRG M2 H17 Cheesy Mac 'n' Onion Pizza - Low Cal	393.6	20	1654.9	20	14.5	21	7.5	38	48.4	19	6.2	7	17.1	34	5.1	21	1.5	26
HRG M2 H17 Garlic Chicken Kiev - Low Cal	485.4	24	2034.0	24	23.1	33	8.2	41	46.9	18	6.6	7	22.6	45	5.1	21	1.6	27
HRG M2 H17 Garlic Chicken Kiev - Pizza	1454.2	73	6081.2	72	77.0	110	22.9	115	131.0	50	12.4	14	59.2	118	10.7	45	5.6	93
HRG M2 H17 Garlic Dough Balls (V)	650.3	33	2735.5	33	21.6	31	2.5	13	96.1	37	2.2	2	17.9	36	6.0	25	2.3	38
HRG M2 H17 Garlic Pizza Bread (V)	707.3	35	2970.6	35	27.4	39	3.3	16	96.9	37	2.3	3	18.2	36	6.4	27	2.4	39
HRG M2 H17 Ham-ma Mia - Pizza	1037.7	52	4350.3	52	44.8	64	14.9	74	103.9	40	9.5	11	54.1	108	8.2	34	7.3	122
HRG M2 H17 Ham-ma Mia Pizza - Low Cal	306.1	15	1287.9	15	10.1	14	4.6	23	35.9	14	5.1	6	18.0	36	3.9	16	1.9	32
HRG M2 H17 Little Rita (V) - Pizza	559.6	28	2341.1	28	28.1	40	7.4	37	56.1	22	6.1	7	20.5	41	4.2	18	2.7	45
HRG M2 H17 Mac 'n' Meat - Pizza	1219.3	61	5112.5	61	53.5	76	21.0	105	129.6	50	11.7	13	53.1	106	10.4	43	6.7	112
HRG M2 H17 Mac 'n' Meat Pizza - Low Cal	399.3	20	1678.8	20	14.8	21	7.6	38	47.5	18	6.0	7	18.5	37	5.0	21	1.9	32
HRG M2 H17 Mozzarella Dough Balls (V)	715.2	36	3013.9	36	20.2	29	8.9	45	100.0	38	6.7	7	33.7	67	7.3	30	2.9	48
HRG M2 H17 Pepperoni Party - Pizza	628.8	31	2625.1	31	35.2	50	10.3	52	55.0	21	5.0	6	22.8	46	3.7	15	3.3	55
HRG M2 H17 Rocky Road Block Calzone	998.0	50	4192.8	50	35.6	51	13.1	65	151.6	58	73.6	82	16.3	33	5.5	23	1.8	29
HRG M2 H17 Rocky Road Block Calzone To Share	1995.9	100	8385.5	100	71.3	102	26.2	131	303.2	117	147.1	163	32.6	65	11.1	46	3.5	59
HRG M2 H17 Texan Chick - Pizza	687.4	34	2877.9	34	32.8	47	9.3	47	69.2	27	10.8	12	28.4	57	4.8	20	3.5	58
HRG M2 H17 The Butcher's Block - Pizza	1309.1	65	5482.0	65	60.9	87	22.0	110	112.2	43	9.2	10	77.2	154	8.2	34	7.2	120
HRG M2 H17 The Rita (V) - Pizza	985.6	49	4134.9	49	41.9	60	13.9	70	110.6	43	12.2	14	41.7	83	9.1	38	4.4	73

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
HRG M2 H17 The Rita Pizza - Low Cal	283.4	14	1193.8	14	8.9	13	4.2	21	36.9	14	5.9	7	14.2	28	4.1	17	1.1	18
HRG M2 H17 The Veg Patch (V) - Pizza	1089.3	54	4566.3	54	46.2	66	15.3	77	123.0	47	21.1	23	45.5	91	11.9	50	5.6	93
HRG M2 H17 The Veg Patch (Ve) - Pizza	705.6	35	2983.1	36	9.1	13	1.0	5	133.5	51	30.8	34	22.5	45	12.3	51	4.2	70
HRG M2 H17 This Little Piggy - Pizza	603.8	30	2525.0	30	30.3	43	8.1	41	55.2	21	5.5	6	27.2	54	3.7	15	4.3	71
HRG M2 H17 Veg Patch Pizza - Low Cal	298.4	15	1256.3	15	9.1	13	4.2	21	39.7	15	8.1	9	14.7	29	4.9	21	1.3	22
HRG M2 H17 Veg Patch Pizza (Ve) - Low Cal	214.6	11	907.1	11	3.1	4	0.4	2	39.4	15	7.8	9	7.8	16	4.9	21	0.9	16
HRG M2 Jalapenos Pizza Extra	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
HRG M2 Meatballs Pizza Extra	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
HRG M2 Mozzarella Cheese Pizza Extra	127.1	6	529.1	6	9.2	13	5.9	29	0.4	0	0.4	0	10.5	21	0.0	0	0.6	9
HRG M2 Mushrooms Pizza Extra	9.1	0	38.4	0	0.3	0	0.1	0	0.3	0	0.1	0	1.3	3	1.0	4	0.0	0
HRG M2 Pepperoni Pizza Extra	94.8	5	391.2	5	9.0	13	3.7	19	0.2	0	0.2	0	3.2	6	0.0	0	0.8	13
HRG M2 Pineapple - Pizza Extra	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
HRG M2 Red Onion Pizza Extra	4.6	0	19.1	0	0.0	0	0.0	0	1.0	0	0.7	1	0.2	0	0.2	1	0.0	0
HRG M2 Rocket Pizza Extra	1.0	0	4.1	0	0.0	0	0.0	0	0.1	0	0.1	0	0.1	0	0.1	0	0.0	0
HRG M2 Sliced Mixed Peppers Pizza Extra	8.2	0	34.1	0	0.1	0	0.0	0	1.6	1	1.6	2	0.3	1	0.5	2	0.0	0
HRG M2 Sliced Tomatoes Pizza Extra	16.8	1	72.2	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
HRG M2 Wiltshire Ham Pizza Extra	67.0	3	280.0	3	3.0	4	1.0	5	0.5	0	0.8	1	9.2	18	0.0	0	2.1	35