

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	%		
VGN Aubergine, Butternut and Pepper Bake	887.3	44	3686.2	44	64.8	93	10.6	53	60.4	23	22.7	25	11.6	23	9.8	41	2.5	42
VGN Balsamic Mushrooms	388.7	19	1620.2	19	24.1	34	5.7	28	34.2	13	7.2	8	7.8	16	4.6	19	0.7	12
VGN Buffalo Cauliflower Tacos	915.4	46	3865.8	46	20.7	30	5.0	25	165.1	63	27.6	31	21.7	43	13.2	55	3.3	54
VGN Buffalo Cauliflower Wings	216.2	11	909.0	11	7.0	10	1.2	6	35.2	14	20.3	23	3.3	7	2.4	10	1.4	24
VGN Button Mushroom Bourguignon Pie	1175.6	59	4929.7	59	58.7	84	24.0	120	141.3	54	14.1	16	21.1	42	18.1	75	3.2	53
VGN Chocolate and Cherry Cheesecake	505.1	25	2105.1	25	26.2	37	16.3	81	51.9	20	33.1	37	3.0	6	6.6	28	0.4	6
VGN Jackfruit Wedges	385.5	19	1617.8	19	13.9	20	2.9	14	59.9	23	12.9	14	6.9	14	5.8	24	0.7	12
VGN Raspberry Jam Donut Pudding	482.3	24	1973.4	23	23.9	34	3.8	19	69.8	27	34.5	38	8.3	17	9.0	37	0.9	15
VGN Rhubarb and Ginger Pudding	420.6	21	1711.6	20	14.8	21	3.8	19	67.6	26	42.5	47	3.1	6	5.8	24	0.5	8
VGN Simply Delicious	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
VGN The B12 Burger	1098.5	55	4590.3	55	53.1	76	27.4	137	119.7	46	26.8	30	31.5	63	16.7	70	3.8	63
VGN Tikka Masala	789.9	39	3324.9	40	31.4	45	7.6	38	88.7	34	20.1	22	36.8	74	14.2	59	3.1	52