

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	%
MSR M1 Nachos - for One	688.1	34	2870.2	34	41.6	59	16.1	80	59.3	23	8.3	9	17.0	34	4.1	17	3.5	59
MSR M1 Nachos - to Share	1376.2	69	5740.5	68	83.2	119	32.2	161	118.5	46	16.7	19	33.9	68	8.2	34	6.9	115
MSR M1 Todays Soup	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.5	42
MSR M1 Prawn Cocktail Sundae	409.7	20	1712.2	20	22.7	32	5.5	28	30.6	12	7.0	8	21.0	42	3.2	13	1.7	29
MSR M1 Golden Breaded Mushrooms	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.5	42
MSR M1 Baked Camembert	988.2	49	4120.5	49	62.7	90	38.2	191	47.2	18	14.3	16	58.1	116	4.4	18	5.2	86
MSR M1 Baked Camembert - Bacon	1135.0	57	4733.9	56	69.7	100	40.8	204	48.6	19	15.6	17	77.5	155	4.5	19	8.6	144
MSR M1 Garlic Bread - Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
MSR M1 Cheesy Garlic Bread - Starter	454.0	23	1894.7	23	28.3	40	15.3	76	30.6	12	2.6	3	18.4	37	1.9	8	1.5	25
MSR M1 Towering Beer Battered Onion Rings - Starter	788.6	39	3298.9	39	41.4	59	7.8	39	91.6	35	33.6	37	8.6	17	5.7	24	4.8	81
MSR M1 Rotisserie Chicken Wings x 8 Sharer	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.8	97
MSR M1 Rotisserie Chicken Wings x 16 Sharer	2563.8	128	10720.7	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.4	191
MSR M1 Ploughmans - For One	915.0	46	3830.1	46	46.2	66	24.9	125	86.4	33	14.4	16	37.5	75	6.3	26	4.2	71
MSR M1 Ploughmans - For Two	1458.7	73	6099.2	73	80.8	115	43.0	215	122.4	47	27.7	31	58.6	117	9.6	40	6.9	116
MSR M1 NGCI Prawn Cocktail Sundae	362.1	18	1507.4	18	22.6	32	5.2	26	22.8	9	7.6	8	15.4	31	4.0	17	1.6	26
MSR M1 NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
MSR M1 Crispy Potato Skins Cheese and Bacon	552.3	28	2304.3	27	32.0	46	15.9	80	37.2	14	16.0	18	26.2	52	4.2	17	3.9	65
MSR M1 Crispy Potato Skins Jackfruit	394.9	20	1653.9	20	15.3	22	3.2	16	55.9	21	27.7	31	4.9	10	5.9	25	1.9	31
MSR M1 Salmon & Black Bean Fishcakes	217.7	11	906.2	11	13.2	19	2.4	12	14.1	5	2.4	3	9.6	19	2.7	11	1.2	20
MSR M1 Mixed Kefalonia Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
MSR M1 Halloumi Fries	586.3	29	2422.9	29	42.6	61	23.2	116	22.7	9	4.2	5	29.0	58	1.5	6	4.6	77
MSR M1 Crispy Buttermilk Chicken Goujons	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.4	23
MSR M1 Breaded Mushrooms	359.1	18	1515.1	18	17.3	25	3.3	17	42.0	16	15.3	17	7.1	14	3.4	14	2.2	37
MSR M1 Rotisserie Chicken Wings	579.9	29	2415.9	29	36.7	52	9.6	48	7.1	3	4.7	5	54.7	109	0.7	3	1.9	32
MSR M1 Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.9	32
MSR M1 Roasted Vegetables & Feta	140.2	7	589.6	7	7.2	10	4.4	22	14.0	5	9.1	10	5.8	12	4.5	19	0.5	9
MSR M1 Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
MSR M1 Roasted Beetroot	177.8	9	742.3	9	7.5	11	3.4	17	20.0	8	18.5	21	5.0	10	4.8	20	0.3	5
MSR M1 Buffalo Cauliflower Wings	163.3	8	686.6	8	5.1	7	1.1	5	26.5	10	12.3	14	3.1	6	2.1	9	1.3	22
MSR M1 Hunters Chicken Bites	611.6	31	2560.8	30	29.7	42	13.2	66	61.6	24	33.9	38	22.3	45	1.9	8	3.0	50
MSR M1 Mixed Kefalonia Olives - Platter	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
MSR M1 Halloumi Fries - Platter	586.3	29	2422.9	29	42.6	61	23.2	116	22.7	9	4.2	5	29.0	58	1.5	6	4.6	77

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	%
MSR M1 Crispy Buttermilk Chicken Goujons - Platter	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.4	23
MSR M1 Breaded Mushrooms - PLATTER	359.1	18	1515.1	18	17.3	25	3.3	17	42.0	16	15.3	17	7.1	14	3.4	14	2.2	37
MSR M1 Rotisserie Chicken Wings PLATTER	579.9	29	2415.9	29	36.7	52	9.6	48	7.1	3	4.7	5	54.7	109	0.7	3	1.9	32
MSR M1 Chip Shop Bites PLATTER	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.9	32
MSR M1 Roasted Vegetables & Feta - Platter	140.2	7	589.6	7	7.2	10	4.4	22	14.0	5	9.1	10	5.8	12	4.5	19	0.5	9
MSR M1 Rotisserie Chicken Satay - Platter	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
MSR M1 Roasted Beetroot - Platter	177.8	9	742.3	9	7.5	11	3.4	17	20.0	8	18.5	21	5.0	10	4.8	20	0.3	5
MSR M1 Buffalo Cauliflower Wings - Platter	166.2	8	698.5	8	5.2	7	1.1	5	27.1	10	12.8	14	3.2	6	2.1	9	1.3	22
MSR M1 Hunters Chicken Bites PLATTER	611.6	31	2560.8	30	29.7	42	13.2	66	61.6	24	33.9	38	22.3	45	1.9	8	3.0	50
MSR M1 LB Beer Battered Fish and Chips	715.4	36	3022.7	36	21.9	31	6.4	32	82.4	32	6.8	8	39.0	78	12.6	53	2.1	36
MSR M1 LB Golden Breaded Scampi	1114.6	56	2562.0	31	33.9	48	10.3	52	76.0	29	8.9	10	19.3	39	11.7	49	2.1	34
MSR M1 LB Gammon Steak 5oz	799.7	40	3314.1	39	44.0	63	14.1	70	53.7	21	3.8	4	41.3	83	9.6	40	5.1	85
MSR M1 LB British Beef and Pedigree Ale Pie	1010.9	51	4201.0	50	49.1	70	19.8	99	108.1	42	6.2	7	27.1	54	11.5	48	2.4	41
MSR M1 LB Paella Stuffed Red Pepper	202.1	10	852.8	10	6.7	10	0.7	4	30.0	12	9.4	10	4.4	9	3.8	16	1.2	19
MSR M1 LB Paella Stuffed Red Pepper w/ Chicken	256.6	13	1080.8	13	11.2	16	2.0	10	30.0	12	9.4	10	10.5	21	3.8	16	1.3	22
MSR M1 LB Paella Stuffed Red Pepper w/ Prawns	223.7	11	943.5	11	7.0	10	0.9	4	30.0	12	9.4	10	9.1	18	3.8	16	1.2	21
MSR M1 LB Paella Stuffed Red Pepper w/ Halloumi	334.1	17	1395.2	17	17.3	25	7.2	36	30.6	12	10.0	11	12.9	26	3.8	16	2.2	36
MSR M1 Rotisserie BBQ Chicken Melt	660.7	33	2771.2	33	30.2	43	15.1	75	66.2	25	14.8	16	36.1	72	3.5	15	3.4	56
MSR M1 Cheese and Onion Chutney Sandwich	699.6	35	2938.0	35	34.6	49	20.8	104	61.8	24	11.8	13	35.9	72	3.7	15	3.1	52
MSR M1 The Classic Rotisserie Club Sandwich	718.9	36	3020.1	36	26.8	38	6.0	30	86.9	33	4.6	5	38.8	78	6.4	26	4.3	71
MSR M1 Posh Fish Finger Sandwich	499.0	25	2101.0	25	9.8	14	1.5	7	67.7	26	4.8	5	34.1	68	4.2	18	2.3	38
MSR M1 Mexican Salad Sandwich	371.3	19	1563.9	19	9.3	13	2.3	12	61.3	24	8.6	10	11.9	24	5.8	24	1.7	28
MSR M1 Mexican Salad w/ Chicken Sandwich	480.3	24	2019.9	24	18.3	26	4.8	24	61.4	24	8.6	10	24.3	49	5.9	24	2.0	34
MSR M1 NGCI Rotisserie BBQ Chicken Melt	570.7	29	2386.7	28	31.6	45	14.5	73	45.3	17	16.2	18	28.0	56	6.2	26	2.9	49
MSR M1 NGCI The Classic Rotisserie Club Sandwich	546.4	27	2284.9	27	28.5	41	5.0	25	48.5	19	6.5	7	25.3	51	10.0	42	3.5	58
MSR M1 NGCI Mexican Salad w/ Chicken Sandwich	390.3	20	1635.4	19	19.6	28	4.3	21	40.6	16	10.0	11	16.2	32	8.6	36	1.6	26
MSR M1 NGCI Mexican Salad Sandwich	281.3	14	1179.4	14	10.7	15	1.8	9	40.5	16	10.0	11	3.8	8	8.5	36	1.2	20
MSR M1 NGCI Cheese and Onion Chutney Sandwich	609.6	30	2553.4	30	35.9	51	20.3	101	41.0	16	13.2	15	27.8	56	6.4	27	2.7	45
MSR M1 Sandwich Garnish	14.2	1	58.9	1	1.0	1	0.2	1	1.0	0	0.9	1	0.3	1	0.4	2	0.0	0
MSR M1 Chips 140g	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8

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	%
MSR M1 Cheese and Baked Beans Jacket Potato	721.6	36	3010.5	36	40.3	58	22.0	110	61.5	24	7.7	9	31.4	63	9.4	39	2.5	42
MSR M1 Wiltshire Ham & Cheddar Jacket	552.2	28	2308.8	27	27.3	39	12.2	61	47.2	18	5.7	6	31.2	62	5.8	24	5.3	88
MSR M1 Baked Beans Jacket Vegan	362.6	18	1524.6	18	3.1	4	0.5	3	73.2	28	14.9	17	13.8	28	11.6	48	1.4	23
MSR M1 Baked Beans Jacket	423.9	21	1775.3	21	12.4	18	4.4	22	67.4	26	9.8	11	13.9	28	11.5	48	1.3	22
MSR M1 Ham Egg and Chips	907.7	45	3764.2	45	51.4	73	13.5	68	57.8	22	14.2	16	47.5	95	6.2	26	7.2	120
MSR M1 Pedigree Beef Lasagne <550Kcal	543.9	27	2268.5	27	30.4	43	13.4	67	34.9	13	15.8	18	32.0	64	4.4	18	2.6	44
MSR M1 Golden Breaded Scampi	1827.6	91	3515.2	42	47.8	68	14.8	74	107.5	41	11.2	12	33.1	66	16.1	67	3.3	54
MSR M1 Beer Battered Fish and Chips	885.0	44	3737.9	44	23.0	33	6.6	33	96.4	37	8.2	9	63.6	127	13.9	58	2.9	48
MSR M1 British Beef and Pedigree Ale Pie	1337.5	67	5569.0	66	65.8	94	27.6	138	139.5	54	9.3	10	39.7	79	12.5	52	3.8	63
MSR M1 Button Mushroom Bourguignon Pie	1122.5	56	4686.2	56	53.5	76	22.2	111	138.5	53	14.8	16	20.9	42	17.8	74	4.1	68
MSR M1 Vegan Button Mushroom Bourguignon Pie	1087.9	54	4540.6	54	52.2	75	21.3	106	132.9	51	14.6	16	20.8	42	17.7	74	3.4	56
MSR M1 Rotisserie Chicken Tikka Masala	1125.7	56	4743.6	56	35.6	51	11.1	55	168.5	65	28.5	32	38.1	76	12.3	51	4.7	79
MSR M1 NGCI Rotisserie Chicken Tikka Masala	849.2	42	3578.7	43	29.0	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.9	81
MSR M1 Vegan Tikka Masala	798.0	40	3362.4	40	29.4	42	7.3	36	95.2	37	24.8	28	36.8	74	14.0	58	3.6	61
MSR M1 NGCI Vegan Tikka Masala	798.0	40	3362.4	40	29.4	42	7.3	36	95.2	37	24.8	28	36.8	74	14.0	58	3.6	61
MSR M1 Paella Stuffed Red Pepper	428.9	21	1807.4	22	15.4	22	1.8	9	61.4	24	20.1	22	9.1	18	8.2	34	2.2	36
MSR M1 Paella Stuffed Red Pepper w/ Chicken	537.9	27	2263.4	27	24.4	35	4.3	22	61.5	24	20.1	22	21.5	43	8.3	34	2.5	42
MSR M1 Paella Stuffed Red Pepper w/ Prawns	482.9	24	2034.2	24	16.1	23	2.1	10	61.4	24	20.1	22	21.1	42	8.2	34	2.4	39
MSR M1 Paella Stuffed Red Pepper w/ Halloumi	692.9	35	2892.1	34	36.5	52	14.8	74	62.6	24	21.3	24	26.2	52	8.2	34	4.2	69
MSR M1 Tacos	978.4	49	4103.5	49	45.4	65	14.0	70	115.4	44	16.8	19	28.9	58	13.5	56	5.0	84
MSR M1 Buffalo Cauliflower Tacos	989.6	49	4157.5	49	35.7	51	9.2	46	143.4	55	24.4	27	21.0	42	16.1	67	5.9	98
MSR M1 Chicken & Bacon Carbonara	1026.5	51	4295.1	51	48.1	69	20.1	100	97.6	38	5.0	6	56.0	112	0.7	3	5.3	88
MSR M1 Burrito	1113.8	56	4645.0	55	38.5	55	15.7	78	158.0	61	12.8	14	37.8	76	31.4	131	3.3	55
MSR M1 Burrito Chicken	1222.8	61	5101.0	61	47.4	68	18.2	91	158.1	61	12.8	14	50.2	100	31.5	131	3.6	61
MSR M1 Burrito Halloumi	1443.8	72	6001.0	71	64.9	93	31.9	159	159.6	61	14.4	16	59.2	118	31.4	131	5.8	96
MSR M1 Burrito Vegan	999.6	50	4170.7	50	29.1	42	9.8	49	157.2	60	12.7	14	31.0	62	31.4	131	2.8	46
MSR M1 Chicken Sliders	1473.8	74	6170.3	73	71.6	102	17.7	88	158.0	61	32.7	36	44.4	89	11.7	49	5.4	90
MSR M1 Avocado & Cherry Tomato Salad Step 1	251.3	13	1038.3	12	22.4	32	5.2	26	8.1	3	6.3	7	3.0	6	6.1	25	0.2	4
MSR M1 Buffalo Cauliflower Salad Step 1	212.0	11	889.3	11	7.3	10	1.8	9	32.5	13	11.5	13	5.4	11	4.4	19	1.5	25
MSR M1 Feta Salad Step 1	320.7	16	1342.2	16	25.5	36	17.1	85	7.4	3	4.2	5	15.6	31	1.8	8	1.9	31
MSR M1 Grilled Salmon Salad Step 1	412.0	21	1715.2	20	27.4	39	12.3	62	5.0	2	4.5	5	36.6	73	5.6	23	0.7	12
MSR M1 Rotisserie Chicken Salad Step 1	257.7	13	1077.2	13	20.2	29	5.4	27	4.5	2	3.9	4	25.6	51	1.9	8	0.9	15
MSR M1 Rump Steak Salad Step 1	278.7	14	1159.8	14	18.3	26	5.8	29	4.4	2	3.9	4	24.4	49	1.8	8	0.8	14

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	%
MSR M1 Salmon Fishcakes Salad Step 1	468.0	23	1948.3	23	28.4	41	5.2	26	31.5	12	7.8	9	19.8	40	6.5	27	2.3	38
MSR M1 Garlic Bread Salad Option Step 2	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
MSR M1 Sweetcorn Salsa Salad Option Step 2	62.9	3	263.1	3	2.9	4	0.5	2	6.2	2	5.6	6	3.1	6	3.7	15	2.4	40
MSR M1 Cous Cous Carb Option Step 2	462.0	23	1916.0	23	17.5	25	2.1	11	69.7	27	15.2	17	9.7	19	4.3	18	0.9	15
MSR M1 Coriander & Lime Rice Salad Option Step 2	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
MSR M1 Potato Salad Carb Option Step 2	264.9	13	1113.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.2	22	1.2	20
MSR M1 Mixed Olives Salad Accom Step 3	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
MSR M1 Roasted Beetroot Salad Option Step 3	126.0	6	529.0	6	2.6	4	0.3	1	19.0	7	17.5	19	4.3	9	4.8	20	0.1	2
MSR M1 Roasted Vegetables Salad Option Step 3	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
MSR M1 Slaw Salad Accom Step 3	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
MSR M1 Sweet Chilli Slaw Salad Accom Step 3	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
MSR M1 Half Rotisserie Chicken	821.5	41	3411.6	41	56.3	80	15.6	78	0.4	0	0.0	0	77.6	155	0.3	1	2.3	39
MSR M1 Whole Rotisserie Chicken	1643.0	82	6823.1	81	112.6	161	31.3	156	0.8	0	0.0	0	155.2	310	0.5	2	4.5	75
MSR M1 Piri Piri - Top It	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
MSR M1 Chicken Gravy - Top It	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
MSR M1 Hunter's - Top It	548.4	27	2302.3	27	22.4	32	13.0	65	58.2	22	54.7	61	25.4	51	1.5	6	6.1	102
MSR M1 Thai Sweet Chilli Sauce - Top It	145.5	7	609.0	7	0.0	0	0.0	0	36.0	14	30.0	33	0.2	0	0.6	3	1.7	28
MSR M1 Garlic Mushroom Sauce - Top It	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11
MSR M1 Satay Sauce - Top It	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
MSR M1 Buffalo Sauce - Top It	193.8	10	815.4	10	7.2	10	0.6	3	30.8	12	28.8	32	0.4	1	1.2	5	1.1	18
MSR M1 BBQ Sauce - Top It	249.8	12	1060.6	13	0.2	0	0.0	0	56.7	22	54.7	61	2.1	4	1.5	6	3.4	56
MSR M1 Sweet Chilli Slaw - Inclusive	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
MSR M1 Corn on the Cob - Inclusive	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
MSR M1 Vegetables - Peas & Carrots - Inclusive	88.1	4	368.6	4	0.5	1	0.2	1	14.3	6	8.9	10	4.9	10	6.6	28	0.7	12
MSR M1 Vegetables - Roasted - Inclusive	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
MSR M1 Salad Bowl - Inclusive	26.9	1	111.2	1	2.0	3	0.3	2	1.7	1	1.5	2	0.5	1	0.8	3	0.0	0
MSR M1 Slaw - Inclusive	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
MSR M1 Mashed Potato - Inclusive	242.8	12	1013.2	12	9.2	13	5.9	30	34.1	13	2.3	3	3.4	7	4.5	19	0.7	12
MSR M1 Coriander & Lime Rice - Inclusive	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
MSR M1 Jacket Potato & Butter - Inclusive	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
MSR M1 Chips 227g - Inclusive	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
MSR M1 Roasted Beetroot - Inclusive	126.0	6	529.0	6	2.6	4	0.3	1	19.0	7	17.5	19	4.3	9	4.8	20	0.1	2

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	%
MSR M1 Sweetcorn Salsa - Inclusive	62.9	3	263.1	3	2.9	4	0.5	2	6.2	2	5.6	6	3.1	6	3.7	15	2.4	40
MSR M1 Giant Spiced Cous Cous - Inclusive	462.0	23	1916.0	23	17.5	25	2.1	11	69.7	27	15.2	17	9.7	19	4.3	18	0.9	15
MSR M1 Sirloin Steak - 8oz	900.4	45	3732.2	44	52.2	75	19.3	97	47.7	18	3.0	3	55.8	112	7.5	31	1.7	29
MSR M1 <600 Sirloin Steak - 8oz	580.6	29	2414.3	29	40.3	58	14.2	71	4.0	2	3.6	4	50.6	101	2.6	11	1.5	25
MSR M1 Rump Steak - 8oz	843.6	42	3499.2	42	46.6	67	16.5	82	47.7	18	3.0	3	54.2	108	7.5	31	1.7	29
MSR M1 <550 Rump Steak - 8oz	523.8	26	2181.3	26	34.7	50	11.3	57	4.0	2	3.6	4	49.1	98	2.6	11	1.5	25
MSR M1 Rib Eye - 10oz 28 day aged Steak	1458.8	73	6050.6	72	93.6	134	31.4	157	66.5	26	7.3	8	81.5	163	10.9	46	2.0	33
MSR M1 Mixed Grill	1668.4	83	6927.7	82	105.4	151	38.4	192	59.4	23	4.3	5	116.2	232	8.2	34	7.1	118
MSR M1 Baby Back BBQ Ribs - Half Rack 8oz	1188.1	59	4957.3	59	54.2	77	19.8	99	129.8	50	64.9	72	40.6	81	10.6	44	4.2	70
MSR M1 Baby Back BBQ Ribs - Whole Rack 16oz	1814.8	91	7583.5	90	87.0	124	33.5	167	180.9	70	99.5	111	73.6	147	13.2	55	6.0	99
MSR M1 Chicken and Steak	1665.1	83	6910.7	82	102.8	147	32.1	161	48.1	18	3.0	3	131.8	264	7.7	32	3.9	65
MSR M1 Gammon Steak 10oz	1058.3	53	4393.9	52	59.7	85	20.0	100	59.4	23	8.7	10	65.6	131	10.4	43	9.2	153
MSR M1 NGCI Mixed Grill	1668.4	83	6927.7	82	105.4	151	38.4	192	59.4	23	4.3	5	116.2	232	8.2	34	7.1	118
MSR M1 NGCI Rib Eye - 10oz 28 day aged BritishSteak	1164.3	58	4827.5	57	72.2	103	28.6	143	47.7	18	3.0	3	76.5	153	7.5	31	1.7	28
MSR M1 Bacon & Cheddar Cheese Burger	1203.7	60	5008.8	60	59.0	84	21.9	110	98.2	38	9.2	10	64.5	129	10.3	43	5.7	95
MSR M1 Bacon & Cheddar Cheese Burger - XL	1489.3	74	6198.8	74	74.9	107	28.7	144	100.6	39	9.3	10	97.3	195	10.4	43	7.2	120
MSR M1 Buttermilk Chicken Burger	1364.7	68	5682.6	68	71.2	102	24.9	124	118.3	45	10.8	12	57.1	114	10.1	42	6.1	102
MSR M1 Buttermilk Chicken Burger - XL	1774.6	89	7390.4	88	97.9	140	34.3	172	136.4	52	11.8	13	81.0	162	10.1	42	7.4	123
MSR M1 Classic Chicken Burger	1143.6	57	4759.3	57	56.8	81	17.3	87	113.2	44	9.9	11	39.1	78	10.1	42	3.2	53
MSR M1 Classic Chicken Burger XL	1553.5	78	6467.0	77	83.5	119	26.8	134	131.4	51	10.9	12	62.9	126	10.1	42	4.4	73
MSR M1 Classic Beef Burger	1019.3	51	4241.5	50	46.1	66	14.7	74	97.5	37	9.1	10	48.0	96	10.3	43	3.4	57
MSR M1 Classic Beef Burger - XL	1304.9	65	5431.5	65	62.1	89	21.5	108	99.9	38	9.3	10	80.8	162	10.4	43	4.9	82
MSR M1 Halloumi & Red Pepper Burger	1027.0	51	4259.3	51	51.6	74	21.0	105	102.4	39	15.4	17	33.0	66	11.7	49	4.1	69
MSR M1 Halloumi & Red Pepper Burger - XL	1291.0	65	5344.1	64	72.8	104	34.0	170	103.7	40	16.7	19	50.1	100	11.7	49	6.1	102
MSR M1 Lamb & Mint Burger	1095.0	55	4564.7	54	61.1	87	16.3	81	108.9	42	12.5	14	41.4	83	10.2	43	4.3	72
MSR M1 Lamb & Mint Burger XL	1390.4	70	5801.5	69	87.0	124	24.2	121	118.4	46	12.5	14	67.2	134	10.2	43	6.2	103
MSR M1 Two Way Chicken Burger	1362.6	68	5673.8	68	71.8	103	24.5	123	123.5	47	17.5	19	52.7	105	11.2	47	4.6	77
MSR M1 Two Way Chicken Burger XL	1772.5	89	7381.6	88	98.5	141	34.0	170	141.6	54	18.4	20	76.5	153	11.2	47	5.9	98
MSR M1 The Jack Burger	1154.0	58	4801.3	57	54.9	78	28.5	142	126.6	49	26.5	29	33.5	67	16.6	69	4.2	70
MSR M1 The Jack Burger - XL	1442.3	72	5996.4	71	77.7	111	48.9	244	132.2	51	27.2	30	49.9	100	21.2	88	5.6	93
MSR M1 Classic Soya Burger	982.3	49	4092.2	49	43.6	62	9.0	45	106.2	41	10.9	12	34.7	69	12.8	53	3.1	51
MSR M1 Classic Soya Burger XL	1230.9	62	5133.0	61	57.1	82	10.0	50	117.3	45	12.8	14	54.3	109	15.5	65	4.2	70

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	%
MSR M1 Chicken Satay Burger	1401.1	70	5832.3	69	78.3	112	27.3	136	121.5	47	14.1	16	49.2	98	11.4	48	4.8	79
MSR M1 Chicken Satay Burger - XL	1811.0	91	7540.0	90	105.0	150	36.7	184	139.6	54	15.1	17	73.1	146	11.4	48	6.0	100
MSR M1 Classic Vegan Burger	973.1	49	4055.6	48	40.0	57	8.7	43	112.0	43	16.0	18	34.7	69	12.9	54	3.3	54
MSR M1 Classic Vegan Burger XL	1221.7	61	5096.3	61	53.4	76	9.7	48	123.1	47	17.9	20	54.3	109	15.6	65	4.4	73
MSR M1 Roast Silverside Beef - Sunday Lunch	1221.8	61	5094.5	61	73.8	105	17.7	89	84.6	33	26.9	30	51.9	104	16.2	67	4.3	72
MSR M1 Childrens Roast Silverside Beef	748.3	37	3118.1	37	48.0	69	10.3	52	49.7	19	15.9	18	28.6	57	8.7	36	2.6	43
MSR M1 Vegetarian Roast - Sunday Lunch	1296.0	65	5409.7	64	77.1	110	18.4	92	115.5	44	28.5	32	31.3	63	18.3	76	5.3	89
MSR M1 Childrens Vegetarian Roast	649.4	32	2713.5	32	34.0	49	6.7	34	53.0	20	14.0	16	29.0	58	12.9	54	3.3	55
MSR M1 Rotisserie Half Chicken Sunday Lunch	1699.9	85	7087.2	84	98.8	141	23.4	117	102.5	39	32.7	36	96.6	193	16.4	68	6.5	109
MSR M1 Childrens Rotisserie Quarter Chicken Sunday Lunch	967.0	48	4031.6	48	57.3	82	12.9	65	60.5	23	21.4	24	50.8	102	8.5	35	3.5	58
MSR M1 Roast Pork Leg - Sunday Lunch	1252.7	63	5230.4	62	69.8	100	16.6	83	102.2	39	31.8	35	50.9	102	16.1	67	4.6	77
MSR M1 Childrens Roast Pork Leg	743.6	37	3104.6	37	42.8	61	9.5	48	60.4	23	20.5	23	27.9	56	8.2	34	2.5	42
MSR M1 Mixed Roast Sunday Lunch	1903.1	95	7928.7	94	119.6	171	28.0	140	108.4	42	28.9	32	96.4	193	17.5	73	6.4	106
MSR M1 Roast Go Large Beef - Sunday Lunch	1612.5	81	6718.6	80	102.8	147	25.2	126	95.4	37	28.5	32	74.3	149	16.7	70	4.7	78
MSR M1 Roast Go Large Pork Leg - Sunday Lunch	1643.6	82	6854.7	82	99.3	142	23.5	117	113.0	43	33.4	37	72.0	144	16.6	69	5.0	84
MSR M1 Rotisserie Go Large Chicken Sunday Lunch	2314.7	116	9641.0	115	142.8	204	33.7	169	113.4	44	34.2	38	140.5	281	17.1	71	7.9	131
MSR M1 Sweet Potato Fries - Side Order	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	1.1	18
MSR M1 Beer Battered Onion Rings - Side Order	265.5	13	1107.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.4	23
MSR M1 Salad Bowl - Side Order	26.9	1	111.2	1	2.0	3	0.3	2	1.7	1	1.5	2	0.5	1	0.8	3	0.2	3
MSR M1 Cauliflower Cheese - Side Order	350.8	18	1459.9	17	24.3	35	15.3	76	15.2	6	1.7	2	17.8	36	1.5	6	2.1	35
MSR M1 Slaw - Side Order	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
MSR M1 Pigs in Blankets 6pc - Side Order	765.0	38	3200.8	38	69.4	99	26.9	135	8.2	3	0.0	0	26.7	53	0.4	2	5.8	97
MSR M1 Crispy Onion Cluster - Side Order	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
MSR M1 Chicken Gravy - Side Order	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
MSR M1 Towering Beer Battered Onion Rings - Side Order	788.6	39	3298.9	39	41.4	59	7.8	39	91.6	35	33.6	37	8.6	17	5.7	24	4.8	81
MSR M1 Vegetables Peas & Carrots - Side Order	92.5	5	386.7	5	0.5	1	0.2	1	15.0	6	9.3	10	5.2	10	6.9	29	0.8	13
MSR M1 Sauteed Flat Mushrooms - Side order	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
MSR M1 Sweet Chilli Slaw - Side Order	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
MSR M1 Cheesy Garlic Bread - Side Order	454.0	23	1894.7	23	28.3	40	15.3	76	30.6	12	2.6	3	18.4	37	1.9	8	1.5	25
MSR M1 Garlic Bread - Side Order	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
MSR M1 Corn on the Cob - Side Order	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2

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	%
MSR M1 Poppadum - Side Order	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
MSR M1 Chips 227g - Side Order	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	1.0	16
MSR M1 Pigs in Blankets 3pc	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48
MSR M1 Rustic Bread and Butter - Side Order	364.9	18	1529.6	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
MSR M1 Peppercorn Sauce - Side Order	71.3	4	300.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
MSR M1 Poppadums and Dips	346.8	17	1463.8	17	8.2	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
MSR M1 Rotisserie Chicken Wings x 2	258.0	13	1074.9	13	16.5	24	4.7	23	0.1	0	0.0	0	27.1	54	0.1	0	0.6	9
MSR M1 Extra Quarter Rotisserie Chicken - Sunday Lunch	410.8	21	1705.8	20	28.1	40	7.8	39	0.2	0	0.0	0	38.8	78	0.1	1	1.1	18
MSR M1 Extra Roast Beef - Sunday Lunch	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
MSR M1 Extra Roast Pork - Sunday Lunch	186.8	9	776.0	9	13.6	19	4.4	22	0.0	0	0.0	0	16.0	32	0.0	0	0.2	3
MSR M1 Giant Spiced Cous Cous - Side Order	462.0	23	1916.0	23	17.5	25	2.1	11	69.7	27	15.2	17	9.7	19	4.3	18	0.9	15
MSR M1 Yorkshire Pudding - Side Order	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
MSR M1 3pc Stuffing - Side Order	199.2	10	841.8	10	3.6	5	1.9	9	38.6	15	1.2	1	5.4	11	2.1	9	2.0	33
MSR M1 Genius Bread and Butter - Side Order	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
MSR M1 Loaded Chips - Cheese & Bacon	669.4	33	2792.9	33	40.4	58	17.0	85	45.5	18	0.7	1	28.5	57	4.8	20	3.7	62
MSR M1 Loaded Chips - Piri Piri Chicken	475.5	24	1991.5	24	23.8	34	5.3	26	53.5	21	8.2	9	12.0	24	5.9	24	1.9	32
MSR M1 Wholegrain Mustard Potato Salad - Side Order	241.4	12	1014.5	12	10.6	15	0.9	5	33.0	13	6.1	7	4.7	9	4.8	20	1.1	18
MSR M1 Vegetables - Roasted - Side Order	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
MSR M1 Halloumi Fries - Side Order	598.2	30	2472.1	29	43.5	62	23.7	118	23.2	9	4.3	5	29.6	59	1.5	6	4.7	79
MSR M1 Pineapple - Extra	20.0	1	85.8	1	0.1	0	0.0	0	4.9	2	4.9	5	0.2	0	0.8	3	0.0	0
MSR M1 Brie - Extra	76.3	4	316.3	4	6.3	9	4.4	22	0.3	0	0.3	0	4.8	10	0.0	0	0.4	7
MSR M1 Takeaway Rotisserie Chicken	1643.0	82	6823.1	81	112.6	161	31.3	156	0.8	0	0.0	0	155.2	310	0.5	2	4.4	73
MSR M1 Double Cream - Extra	265.6	13	1093.6	13	28.8	41	17.9	89	0.9	0	0.9	1	0.9	2	0.0	0	0.0	0
MSR M1 Buttermilk Chicken - 2 pc - Extra	273.2	14	1138.5	14	17.8	25	6.3	31	12.1	5	0.6	1	15.9	32	0.0	0	0.8	14
MSR M1 Buttermilk Chicken - 3 pc - Extra	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.2	20
MSR M1 Chocolate Ice Cream - Extra	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
MSR M1 Strawberry Ice Cream - Extra	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
MSR M1 Vanilla Ice Cream - Extra	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
MSR M1 Peas - Extra	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
MSR M1 Beef Burger - Extra	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
MSR M1 Sausage - Extra	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
MSR M1 Cadburys Flake - Extra	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0

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	%
MSR M1 Naan Bread - Side Order	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
MSR M1 Monterey Jack Cheese - Extra	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
MSR M1 Garlic Mushroom Sauce - Extra	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11
MSR M1 Cheese Sprinkle - Extra	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
MSR M1 Custard - Extra	89.0	4	378.0	5	1.8	3	1.1	6	15.4	6	11.0	12	2.9	6	0.0	0	0.1	2
MSR M1 Grilled Field Mushroom - Extra	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
MSR M1 Halloumi - Extra	198.0	10	813.6	10	15.8	23	9.7	49	1.0	0	1.0	1	12.8	26	0.0	0	1.5	25
MSR M1 Bacon Rasher - Extra	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
MSR M1 Jacket Potato & Butter - Side Order	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
MSR M1 Baked Beans - Extra	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M1 Fried Egg - Extra	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
MSR M1 Two Fried Eggs - Extra	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
MSR M1 Scampi 5pc - Extra	456.2	23	424.8	5	9.6	14	3.1	15	13.7	5	1.8	2	6.6	13	1.6	7	0.7	11
MSR M1 Diane Sauce - Side Order	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
MSR M1 BBQ Sauce - Extra	249.8	12	1060.6	13	0.2	0	0.0	0	56.7	22	54.7	61	2.1	4	1.5	6	3.4	56
MSR M1 Cheese Stilton - Extra	90.2	5	374.0	4	7.7	11	5.1	25	0.0	0	0.0	0	5.2	10	0.0	0	0.4	7
MSR M1 Avocado - Extra	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
MSR M1 Cherry Tomatoes - Extra	11.3	1	47.5	1	0.3	0	0.1	0	1.9	1	1.9	2	0.5	1	0.8	3	0.0	0
MSR M1 Piri Piri Sauce - Extra	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
MSR M1 Thai Sweet Chilli Sauce - Extra	145.5	7	609.0	7	0.0	0	0.0	0	36.0	14	30.0	33	0.2	0	0.6	3	1.7	28
MSR M1 Buffalo Sauce - Extra	193.8	10	815.4	10	7.2	10	0.6	3	30.8	12	28.8	32	0.4	1	1.2	5	1.1	18
MSR M1 Satay Sauce - Extra	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
MSR M1 Mashed Potato 227g - Side Order	242.8	12	1013.2	12	9.2	13	5.9	30	34.1	13	2.3	3	3.4	7	4.5	19	0.7	12
MSR M1 Hash Browns x3	353.6	18	1473.3	18	20.8	30	8.8	44	35.4	14	1.1	1	3.8	8	4.7	20	0.9	15
MSR M1 Rotisserie Chicken Upgrade	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
MSR M1 Sweet Potato Fries Upgrade	310.6	16	1278.5	15	17.1	24	3.4	17	33.7	13	10.9	12	2.3	5	4.6	19	0.6	10
MSR M1 Garlic Bread Lasagne Upsell	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
MSR M1 Chocolate Brownie Sundae	804.4	40	3363.2	40	40.0	57	16.6	83	97.8	38	77.6	86	11.5	23	3.5	14	0.7	12
MSR M1 Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
MSR M1 Apple Pie	460.1	23	1935.0	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
MSR M1 Apple Pie Vegan	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
MSR M1 Melt in the Middle Chocolate Pudding	960.0	48	3993.3	48	68.1	97	24.2	121	77.2	30	51.6	57	8.5	17	1.1	4	0.9	14
MSR M1 Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5

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	%
MSR M1 Tiramisu Rum Ba Bar	465.6	23	2116.9	25	18.3	26	10.3	51	77.9	30	58.5	65	4.8	10	1.5	6	0.4	7
MSR M1 Ice Cream Sundae - Vegan	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
MSR M1 Jam Roly Poly	491.9	25	2067.5	25	22.3	32	15.4	77	67.5	26	38.8	43	6.5	13	1.4	6	0.5	9
MSR M1 St Clements Fondant Pudding	652.6	33	2742.2	33	27.0	39	8.4	42	93.6	36	57.7	64	9.0	18	1.4	6	0.8	14
MSR M1 Sicilian Lemon Muffin Cheesecake	552.1	28	2305.9	27	36.3	52	17.8	89	51.6	20	37.0	41	8.2	16	0.8	3	0.5	9
MSR M1 Prosecco Afternoon Tea Sundae	500.6	25	2096.5	25	23.4	33	12.5	62	69.8	27	52.2	58	6.2	12	1.5	6	0.4	7
MSR M1 Smashed Avo Egg & Mshrms on Toast	512.6	26	2131.6	25	36.5	52	7.9	39	29.6	11	3.6	4	15.2	30	7.0	29	1.3	21
MSR M1 Smshd Avo Egg Mshrms & Bacon on Toast	652.9	33	2717.7	32	43.4	62	10.4	52	29.6	11	3.6	4	34.5	69	7.0	29	4.7	79
MSR M1 Blueberry Pancake Stack	665.2	33	2782.6	33	11.2	16	4.7	24	130.8	50	65.8	73	8.7	17	2.2	9	1.0	16
MSR M1 Childrens Blueberry Pancake Stack	334.6	17	1399.8	17	5.6	8	2.4	12	65.9	25	33.4	37	4.4	9	1.1	5	0.5	8
MSR M1 Brunch	864.0	43	3605.4	43	45.4	65	10.8	54	77.3	30	9.5	11	34.9	70	11.6	48	4.4	73
MSR M1 Veggie Brunch	813.7	41	3398.9	40	39.0	56	8.6	43	73.9	28	9.7	11	37.9	76	16.0	67	3.2	53
MSR M1 Big Breakfast	1734.5	87	7223.5	86	105.7	151	29.8	149	125.6	48	13.9	15	68.7	137	16.1	67	8.8	147
MSR M1 Big Veggie Breakfast	1544.5	77	6430.6	77	94.8	135	23.7	119	106.6	41	12.2	14	60.7	121	23.3	97	5.0	83
MSR M1 Big Vegan Breakfast	1417.3	71	5907.4	70	79.2	113	20.9	105	112.4	43	14.5	16	57.0	114	27.5	114	5.2	86
MSR M1 Classic Breakfast	919.2	46	3826.5	46	55.3	79	15.8	79	65.9	25	11.1	12	39.6	79	10.8	45	5.1	85
MSR M1 Classic Veggie Breakfast	769.1	38	3202.8	38	44.1	63	11.7	59	53.8	21	9.9	11	36.3	73	15.2	63	3.0	50
MSR M1 Childrens Breakfast	540.5	27	2249.7	27	33.2	47	9.6	48	32.9	13	4.6	5	26.8	54	4.9	20	3.5	58
MSR M1 Classic Vegan Breakfast	693.1	35	2892.0	34	32.6	47	10.2	51	57.5	22	10.4	12	38.2	76	17.7	74	3.4	57
MSR M1 Childrens Vegan Breakfast	607.2	30	2536.2	30	26.2	37	10.6	53	55.6	21	6.6	7	32.3	65	14.5	61	3.2	53
MSR M1 Childrens Veggie Breakfast	490.2	25	2043.2	24	26.8	38	7.4	37	29.6	11	4.8	5	29.9	60	9.3	39	2.3	38
MSR M1 Breakfast Buttie - Bacon	471.2	24	1980.5	24	12.9	18	4.7	24	50.4	19	1.0	1	38.7	77	3.1	13	6.4	107
MSR M1 Breakfast Buttie - Fried Eggs	572.9	29	2394.1	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.1	13	1.6	27
MSR M1 Breakfast Buttie - Sausage	681.3	34	2855.0	34	27.5	39	9.3	46	82.9	32	5.0	6	24.9	50	5.0	21	3.2	53
MSR M1 Breakfast Buttie - Veggie Sausage	500.7	25	2107.9	25	10.6	15	3.7	18	61.6	24	3.3	4	36.4	73	10.6	44	3.1	51
MSR M1 Breakfast Buttie - Black Pudding	659.7	33	2769.7	33	21.8	31	8.5	42	85.6	33	6.7	7	35.0	70	3.1	13	4.8	80
MSR M1 Eggs on Toast	573.2	29	2395.3	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.2	13	1.6	27
MSR M1 DD Gammon Steak	1058.3	53	4393.9	52	59.7	85	20.0	100	59.4	23	8.7	10	65.6	131	10.4	43	9.2	153
MSR M1 DD Bacon & Cheddar Cheese Burger	1203.7	60	5008.8	60	59.0	84	21.9	110	98.2	38	9.2	10	64.5	129	10.3	43	5.7	95
MSR M1 DD Bacon & Cheddar Cheese Burger - XL	1489.3	74	6198.8	74	74.9	107	28.7	144	100.6	39	9.3	10	97.3	195	10.4	43	7.2	120
MSR M1 DD Half Rotisserie Chicken	821.5	41	3411.6	41	56.3	80	15.6	78	0.4	0	0.0	0	77.6	155	0.3	1	2.3	39
MSR M1 DD Tacos	954.3	48	3981.4	47	41.1	59	15.5	78	116.8	45	17.1	19	29.3	59	14.4	60	4.5	75

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	%
MSR M1 DD Pedigree Beef Lasagne <550 Kcal	543.9	27	2268.5	27	30.4	43	13.4	67	34.9	13	15.8	18	32.0	64	4.4	18	2.6	44
MSR M1 DD Button Mushroom Bourguignon Pie	1087.9	54	4540.6	54	52.2	75	21.3	106	132.9	51	14.6	16	20.8	42	17.7	74	3.4	56
MSR M1 DD Ice Cream Sundae - Vegan	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
MSR M1 DD Jam Roly Poly	491.9	25	2067.5	25	22.3	32	15.4	77	67.5	26	38.8	43	6.5	13	1.4	6	0.5	9
MSR M1 DD Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M1 DD Sicilian Lemon Muffin Cheesecake	552.1	28	2305.9	27	36.3	52	17.8	89	51.6	20	37.0	41	8.2	16	0.8	3	0.5	9
MSR M1 DD Nachos for One	680.0	34	2836.4	34	40.9	58	15.7	78	59.2	23	8.3	9	16.5	33	4.1	17	3.5	58
MSR M1 DD Beer Battered Onion Rings - Starter	788.6	39	3298.9	39	41.4	59	7.8	39	91.6	35	33.6	37	8.6	17	5.7	24	4.8	81
MSR M1 DD Garlic Bread - Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.7	11
MSR M1 DD Cheesy Garlic Bread - Starter	454.0	23	1894.7	23	28.3	40	15.3	76	30.6	12	2.6	3	18.4	37	1.9	8	1.5	25
MSR M1 Childrens Starter - Garlic Bread	124.8	6	523.7	6	5.0	7	1.8	9	17.1	7	3.2	4	2.5	5	1.5	6	0.4	7
MSR M1 Childrens Starter - Corn on the Cob	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
MSR M1 Childrens Starter - Nachos	236.6	12	986.7	12	14.3	20	6.3	31	17.9	7	1.6	2	8.4	17	1.3	5	1.2	19
MSR M1 Childrens Starter - Vegetable Sticks	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
MSR M1 Childrens Rotisserie Chicken Burger	495.5	25	2080.0	25	17.5	25	4.1	20	267.0	103	6.5	7	19.0	38	8.4	35	1.8	30
MSR M1 Childrens Rotisserie Chicken Dinner	875.0	44	3641.3	43	56.3	80	12.6	63	39.8	15	4.7	5	49.6	99	6.5	27	3.0	50
MSR M1 Childrens Chicken Dippers	618.4	31	2575.1	31	36.0	51	8.5	42	54.6	21	4.5	5	17.7	35	7.0	29	1.9	31
MSR M1 Childrens Gammon Steak	545.2	27	2276.1	27	27.5	39	8.6	43	41.6	16	4.0	4	32.3	65	6.5	27	5.2	87
MSR M1 Childrens Beef Burger	534.6	27	2242.1	27	18.3	26	5.3	26	267.6	103	6.5	7	23.6	47	8.4	35	2.1	35
MSR M1 Childrens Sausages	587.0	29	2451.2	29	28.6	41	8.3	41	62.5	24	6.6	7	18.3	37	7.8	32	2.5	42
MSR M1 Childrens Veggie Sausages	466.7	23	1953.1	23	17.3	25	4.6	23	48.4	19	5.5	6	26.0	52	11.5	48	2.4	40
MSR M1 Childrens Fish Fingers	564.9	28	2357.5	28	28.0	40	5.9	29	57.7	22	4.9	5	19.0	38	7.4	31	1.9	32
MSR M1 Childrens Buttermilk Chicken Burger	713.8	36	2988.6	36	30.8	44	9.1	45	278.9	107	7.1	8	28.7	57	8.4	35	2.4	40
MSR M1 Childrens Veg Pasta Shells	561.1	28	2347.7	28	19.8	28	5.8	29	75.2	29	10.7	12	17.7	35	10.1	42	2.0	34
MSR M1 Childrens 10 Veg Pasta	524.5	26	2197.3	26	18.5	26	4.8	24	71.5	28	9.1	10	16.5	33	8.2	34	2.3	38
MSR M1 Childrens Rotisserie Chicken Tacos	591.7	30	2476.5	29	29.2	42	10.4	52	62.1	24	16.4	18	20.5	41	4.8	20	2.6	43
MSR M1 Childrens Buttermilk Chicken Tacos	810.4	41	3387.0	40	42.5	61	15.5	77	74.1	29	17.0	19	30.3	61	4.7	20	3.2	54
MSR M1 Childrens Vegan Tacos	460.7	23	1931.8	23	15.9	23	3.4	17	69.0	27	23.1	26	8.6	17	7.8	32	2.1	35
MSR M1 Childrens Veggie Tacos	575.0	29	2406.1	29	25.2	36	9.3	46	69.8	27	23.1	26	15.4	31	7.8	32	2.6	44
MSR M1 Childrens Veggie Burger	520.0	26	2185.1	26	14.7	21	3.4	17	272.8	105	7.7	9	21.7	43	10.6	44	2.1	35
MSR M1 Childrens Ice Cream Sundae	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
MSR M1 Childrens Jelly and Ice Cream	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
MSR M1 Childrens Chocolate Brownie	355.2	18	1477.3	18	18.9	27	4.4	22	40.9	16	29.4	33	4.7	9	1.5	6	0.4	7

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	%
MSR M1 Childrens Donut Dipper	270.1	14	1132.2	13	12.7	18	6.7	33	36.9	14	19.0	21	3.1	6	1.5	6	0.4	7
MSR M1 Childrens Vegan Ice Cream Sundae	188.8	9	790.6	9	8.0	11	6.9	35	24.4	9	16.6	18	0.9	2	5.9	25	0.0	0
MSR M1 Childrens Jam Roly Poly	290.4	15	1222.8	15	12.0	17	8.2	41	41.4	16	24.9	28	4.7	9	0.7	3	0.3	6
MSR M1 Childrens Vegetable Accompaniment	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M1 Children's Potato Accompaniment	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
MSR M1 Childrens Extra - Pasta Shapes	161.0	8	683.0	8	3.4	5	0.3	2	29.6	11	1.3	1	4.8	10	1.2	5	0.0	0
MSR M1 Childrens Extra - Sweetcorn	19.6	1	81.6	1	0.3	0	0.0	0	1.7	1	1.2	1	2.5	5	1.7	7	2.4	40
MSR M1 Childrens Extra - Salad Sticks	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
MSR M1 Childrens Extra - Mini Potato Waffles	190.0	9	791.8	9	11.0	16	1.5	8	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
MSR M1 Childrens Extra - Jacket Potato Half	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
MSR M1 Childrens Extra - Spaghetti Hoops	54.3	3	230.6	3	0.2	0	0.0	0	11.1	4	3.9	4	1.7	3	0.5	2	0.3	5
MSR M1 Childrens Extra - Mashed Potato	140.3	7	586.0	7	4.9	7	3.2	16	20.5	8	1.4	2	2.1	4	2.7	11	0.4	7
MSR M1 Childrens Extra - Peas	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
MSR M1 Childrens Extra - Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M1 Childrens Extra - New Potatoes	107.9	5	457.6	5	1.7	2	0.9	5	22.2	9	1.8	2	2.3	5	1.8	8	0.8	14
MSR M1 Childrens Extra - Carrots	29.7	1	123.9	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.2	3
MSR M1 Childrens Extra - Bacon	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
MSR M1 Childrens Extra - Chips	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
MSR M1 Childrens Extra - Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
MSR M1 Childrens Extra - Cheese Sprinkle	114.2	6	474.3	6	9.4	13	5.9	29	0.8	0	0.0	0	6.8	14	0.0	0	0.5	8
MSR M1 SL Apple Pie	460.1	23	1935.0	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
MSR M1 SL Apple Pie Vegan	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
MSR M1 SL Ice Cream Sundae - Vegan	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
MSR M1 SL Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M1 SL Jam Roly Poly	491.9	25	2067.5	25	22.3	32	15.4	77	67.5	26	38.8	43	6.5	13	1.4	6	0.5	9
MSR M1 SL Today's Soup	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.5	42
MSR M1 SL Golden Breaded Mushrooms	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.5	42
MSR M1 SL Crispy Potato Skins Cheese and Bacon	552.3	28	2304.3	27	32.0	46	15.9	80	37.2	14	16.0	18	26.2	52	4.2	17	3.9	65
MSR M1 SL NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
MSR M1 Rotisserie Chicken Wings x 8 PROMO	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.8	97
MSR M1 Rotisserie Chicken Wings x 16 PROMO	2563.8	128	10720.7	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.4	191
MSR M1 Half Rotisserie Chicken Promo	821.5	41	3411.6	41	56.3	80	15.6	78	0.4	0	0.0	0	77.6	155	0.3	1	2.3	39

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	%
MSR M1 Rotisserie Chicken Jalfrezi	1241.7	62	5222.0	62	41.2	59	8.6	43	181.2	70	32.8	36	39.5	79	16.9	70	5.3	88
MSR M1 NGCI Rotisserie Chicken Jalfrezi	965.2	48	4057.1	48	34.6	49	4.9	24	136.4	52	28.7	32	33.2	66	10.6	44	5.5	91
MSR M1 Vegetable Jalfrezi	1132.7	57	4766.0	57	32.3	46	6.1	30	181.1	70	32.8	36	27.2	54	16.9	70	5.0	83
MSR M1 NGCI Vegetable Jalfrezi	856.2	43	3601.2	43	25.7	37	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	5.1	85
MSR M1 Beef Madras	1210.9	61	5099.2	61	36.0	51	10.9	54	172.6	66	31.4	35	45.2	90	15.2	63	5.2	86
MSR M1 NGCI Beef Madras	934.4	47	3934.4	47	29.4	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.3	88
MSR M1 Rotisserie Chicken Bhuna	1070.7	54	4513.6	54	31.1	44	7.6	38	166.0	64	27.3	30	36.3	73	13.1	55	4.7	78
MSR M1 NGCI Rotisserie Chicken Bhuna	794.2	40	3348.7	40	24.5	35	3.8	19	121.3	47	23.2	26	30.0	60	6.8	28	4.8	80
MSR M1 Rotisserie Chicken Tikka Masala Promo	1125.7	56	4743.6	56	35.6	51	11.1	55	168.5	65	28.5	32	38.1	76	12.3	51	4.7	79
MSR M1 NGCI Rotisserie Chicken Tikka Masala Promo	849.2	42	3578.7	43	29.0	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.9	81
MSR M1 Vegan Tikka Masala Promo	798.0	40	3362.4	40	29.4	42	7.3	36	95.2	37	24.8	28	36.8	74	14.0	58	3.6	61
MSR M1 NGCI Vegan Tikka Masala Promo	798.0	40	3362.4	40	29.4	42	7.3	36	95.2	37	24.8	28	36.8	74	14.0	58	3.6	61
MSR M1 Beer Battered Fish and Chips Promo	1119.6	56	4716.8	56	35.8	51	14.3	72	121.7	47	8.8	10	68.5	137	15.5	65	3.6	60