

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	%
GGE M1 Dough Balls Garlic	1094.6	55	4565.8	54	67.9	97	8.5	43	100.3	39	2.7	3	19.8	40	7.1	29	2.9	48
GGE M1 Dough Balls Mozzarella	715.0	36	3013.0	36	20.2	29	8.9	45	99.6	38	6.7	7	33.7	67	7.3	30	2.9	48
GGE M1 Side Garlic Pizza Bread	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
GGE M1 Side Garlic Pizza Bread Cheesy	961.3	48	4028.0	48	45.7	65	15.0	75	97.6	38	3.2	4	39.2	78	6.4	27	3.5	58
GGE M1 Grazer Mushroom Poppers	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
GGE M1 Nachos Cheesy	719.0	36	2997.2	36	47.3	68	18.6	93	51.4	20	5.6	6	20.3	41	3.1	13	3.7	61
GGE M1 Nachos Cheesy Sharer	1438.0	72	5994.4	71	94.6	135	37.2	186	102.9	40	11.2	12	40.5	81	6.3	26	7.3	122
GGE M1 Nachos BBQ Jackfruit	766.1	38	3198.4	38	44.0	63	14.8	74	68.8	26	16.0	18	21.0	42	4.8	20	4.1	68
GGE M1 Nachos BBQ Jackfruit Sharer	1532.3	77	6396.8	76	88.0	126	29.5	148	137.6	53	31.9	35	42.1	84	9.6	40	8.2	137
GGE M1 Quiz Nachos	1162.3	58	4857.6	58	55.2	79	11.3	56	144.2	55	8.3	9	15.5	31	9.4	39	3.7	61
GGE M1 Grazer High 10s Sharer	1464.9	73	6083.4	72	91.3	130	34.6	173	95.9	37	27.6	31	65.1	130	5.9	25	2.7	45
GGE M1 Grazer High 10s	732.4	37	3041.7	36	45.6	65	17.3	86	48.0	18	13.8	15	32.6	65	3.0	12	1.3	22
GGE M1 Grazer Chicken Wings Sharer	2062.0	103	8572.2	102	134.2	192	34.5	172	50.8	20	40.5	45	162.0	324	5.1	21	9.0	151
GGE M1 Grazer Chicken Wings	1031.0	52	4286.1	51	67.1	96	17.2	86	25.4	10	20.3	23	81.0	162	2.5	11	4.5	75
GGE M1 Grazer Jalapeno Poppers Sharer	1266.2	63	5293.8	63	72.1	103	34.0	170	115.9	45	6.1	7	36.9	74	7.6	32	5.1	86
GGE M1 Grazer Jalapeno Poppers	633.1	32	2646.9	32	36.1	52	17.0	85	58.0	22	3.1	3	18.4	37	3.8	16	2.6	43
GGE M1 Side Skin On Fries 227g	409.3	20	1712.4	20	18.7	27	4.2	21	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
GGE M1 Side Sweet Potato Fries 227g	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	0.9	15
GGE M1 Side Tiger Fries 227g	434.7	22	1803.3	21	22.0	31	4.6	23	51.2	20	8.6	10	4.4	9	5.7	24	0.6	9
GGE M1 Side Chunky Chips 227g	367.0	18	1535.5	18	15.7	22	6.3	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
GGE M1 Side House Salad	58.0	3	240.8	3	4.6	7	0.8	4	3.3	1	3.2	4	1.2	2	1.7	7	0.0	0
GGE M1 Side Bread and Butter	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M1 Side Mash 227g	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
GGE M1 Side Georges Slaw	168.2	8	696.6	8	14.5	21	1.2	6	7.7	3	5.7	6	1.8	4	3.9	16	1.4	24
GGE M1 Side Beer Battered Onion Rings	354.0	18	1476.6	18	22.0	31	4.1	21	33.7	13	3.3	4	4.0	8	2.7	11	1.6	27
GGE M1 Side Corn on the Cob	194.1	10	823.5	10	4.1	6	0.6	3	34.1	13	4.1	5	7.4	15	5.1	21	0.0	0
GGE M1 Side Sauteed Mushrooms	126.5	6	521.3	6	13.3	19	1.6	8	0.3	0	0.2	0	1.5	3	1.2	5	0.0	0
GGE M1 Side Mac n Cheese	243.8	12	1025.8	12	9.4	13	5.8	29	29.2	11	2.2	2	9.0	18	3.6	15	1.1	18
GGE M1 Side BBQ Chicken Wings	608.8	30	2530.9	30	40.3	58	10.3	52	12.9	5	9.9	11	48.5	97	1.5	6	2.6	44
GGE M1 Extra Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0
GGE M1 Extra Bacon Rasher x2	140.3	7	586.1	7	6.9	10	2.6	13	0.0	0	0.0	0	19.4	39	0.0	0	3.5	58
GGE M1 Extra Baked Beans 100g	48.9	2	204.1	2	0.2	0	0.1	0	8.9	3	2.3	3	3.2	6	2.3	10	0.3	5
GGE M1 Extra BBQ Pulled Jackfruit	28.8	1	120.5	1	1.1	2	0.1	0	4.1	2	2.4	3	0.4	1	0.4	1	0.1	2

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
GGE M1 Extra Bread and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M1 Extra Bread and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
GGE M1 Extra Burger Beef 6oz	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Burger Soya	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
GGE M1 Extra Cheese Cheddar 28g	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
GGE M1 Extra Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
GGE M1 Extra Chicken Goujons	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Chipotle Pulled Chicken 50g	63.0	3	267.5	3	0.6	1	0.2	1	1.0	0	0.1	0	13.3	27	0.3	1	0.2	3
GGE M1 Extra Chunky Chips 150g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Crispy Back Bacon Rasher	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Custard 100g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Double Cream 56ml	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Fried Egg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Garlic Ciabatta	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Georges Own BBQ Sauce 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14
GGE M1 Extra Gravy Granules	36.5	2	153.5	2	1.4	2	1.0	5	5.8	2	0.2	0	0.1	0	0.1	0	0.7	12
GGE M1 Extra Gravy Yankee	132.0	7	557.0	7	11.1	16	3.6	18	5.8	2	2.5	3	2.1	4	0.2	1	0.8	14
GGE M1 Extra Grilled Mushroom	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Grilled Tomato	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Cheese Halloumi 75g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Hash Brown	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Jalapenos 28g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
GGE M1 Extra Meatballs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE COF Extra Milk	30.4	2	128.3	2	1.0	1	0.7	3	3.0	1	3.0	3	2.3	5	0.0	0	0.1	1
GGE M1 Extra Mixed Peppers 28g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Cheese Monterey Jack Slice	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Cheese Mozzarella	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Mushroom	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Mushy Peas	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Naan	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Pepperoni 20g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Pineapple	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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
GGE M1 Extra Poppadom	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Sausage Veggie x2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Rocket 7g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Sauce Chocolate 56g	161.8	8	687.1	8	0.2	0	0.2	1	38.5	15	27.2	30	0.8	2	1.3	5	0.0	0
GGE M1 Extra Sauce Raspberry 56g	159.6	8	677.6	8	0.0	0	0.0	0	39.6	15	29.9	33	0.1	0	0.3	1	0.1	2
GGE M1 Extra Sauce Toffee 56g	182.6	9	771.7	9	3.3	5	2.1	11	37.4	14	29.7	33	0.6	1	0.1	0	0.1	2
GGE M1 Extra Sausage	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Sausages x2	280.3	14	1169.1	14	16.7	24	5.6	28	21.7	8	2.6	3	10.2	20	1.2	5	1.4	23
GGE M1 Extra Scampi	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
GGE M1 Extra Sliced Tomatoes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Smoked Shredded Beef Brisket 50g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Spring Onions	3.6	0	15.5	0	0.1	0	0.0	0	0.5	0	0.4	0	0.3	1	0.3	1	0.0	0
GGE M1 Extra Vanilla Ice Cream Scoop	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
GGE M1 Extra Wiltshire Ham 40g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Extra Yorkshire Pudding	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Upgrade Sweet Potato Fries Mains	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Upgrade Sweet Potato Fries Sandwiches	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Upgrade Tiger Fries Mains	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Upgrade Tiger Fries Sandwiches	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Fries Topping Smoked Pulled Pork	578.8	29	2406.5	29	36.6	52	17.9	90	19.0	7	17.6	20	43.3	87	0.3	1	1.5	25
GGE M1 Fries Topping Garlic and Herb Vegan	311.3	16	1286.9	15	28.4	41	7.0	35	10.7	4	5.8	6	3.0	6	2.6	11	0.7	12
GGE M1 Fries Topping Garlic and Herb	386.6	19	1601.5	19	33.1	47	8.9	45	8.7	3	6.2	7	13.3	27	2.6	11	0.8	14
GGE M1 Fries Topping Chicken Gravy and Bacon	233.7	12	983.8	12	14.9	21	5.0	25	6.3	2	2.5	3	18.4	37	0.4	1	2.7	44
GGE M1 Fries Topping Cheese	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Sandwich Chicken and Bacon Club	1069.5	53	4471.6	53	50.2	72	9.4	47	106.2	41	8.8	10	47.4	95	10.1	42	4.9	81
GGE M1 Sandwich Fish Finger	1077.7	54	4495.3	54	58.4	83	13.2	66	99.1	38	8.7	10	37.3	75	9.1	38	3.1	52
GGE M1 LB Steak Rump 5oz	612.6	31	2557.5	30	31.3	45	11.3	57	40.5	16	6.0	7	38.0	76	9.2	38	1.2	20
GGE M1 LB Beer Battered Fish and Chips	766.7	38	3194.5	38	42.7	61	12.6	63	57.3	22	7.9	9	32.7	65	9.6	40	1.8	29
GGE M1 LB Hunters Chicken	642.2	32	2681.1	32	31.8	45	13.2	66	45.4	17	14.8	16	41.3	83	4.9	20	3.2	53
GGE M1 LB Sausage and Mash	693.5	35	2893.9	34	34.7	50	14.6	73	68.5	26	8.3	9	22.1	44	8.9	37	3.7	61
GGE M1 LB Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M1 LB Gammon 5oz	704.3	35	2935.3	35	41.5	59	13.0	65	39.4	15	4.3	5	39.5	79	8.4	35	4.8	80
GGE M1 LB Sausage and Mash Veggie	513.0	26	2146.8	26	17.7	25	9.0	45	47.3	18	6.6	7	33.7	67	14.5	60	3.5	59

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GGE M1 Beer Battered Fish and Chips	1263.7	63	5264.4	63	71.9	103	22.0	110	87.2	34	8.9	10	58.9	118	12.7	53	2.7	45
GGE M1 Scampi Golden Breaded	1587.6	79	3078.2	37	45.3	65	14.1	71	90.6	35	11.4	13	25.9	52	14.1	59	2.5	41
GGE M1 The Full Monty	1128.0	56	4700.8	56	67.5	96	21.6	108	79.1	30	9.6	11	49.6	99	11.3	47	6.6	110
GGE M1 The Big Breakfast	1726.8	86	7197.6	86	104.5	149	33.7	169	119.1	46	12.8	14	75.6	151	15.1	63	10.2	170
GGE M1 Pie Steak and Pedigree Ale	1376.6	69	5779.1	69	66.3	95	26.4	132	151.2	58	11.9	13	37.6	75	14.2	59	3.6	60
GGE M1 Chicken Tikka Masala	1119.1	56	4725.2	56	28.2	40	9.2	46	168.5	65	27.3	30	47.2	94	14.2	59	3.9	66
GGE M1 Smoked Honey BBQ Pulled Pork	1422.4	71	5934.0	71	74.4	106	22.7	114	108.8	42	40.8	45	78.0	156	9.3	39	2.0	33
GGE M1 Baby Back Ribs	1597.6	80	6686.6	80	83.8	120	28.2	141	141.4	54	71.1	79	68.6	137	9.0	38	4.3	72
GGE M1 Locked and Loaded Platter	2059.0	103	8598.9	102	106.3	152	32.5	163	155.4	60	83.1	92	119.2	238	11.1	46	6.3	105
GGE M1 Plucker Clucker Platter	1877.2	94	7822.1	93	102.0	146	26.0	130	148.3	57	65.0	72	88.7	177	9.6	40	5.7	95
GGE M1 Lasagne Classic Beef	650.4	33	2709.9	32	29.7	42	10.9	54	74.3	29	15.2	17	22.1	44	29.1	121	2.1	35
GGE M1 Lasagne Classic Beef under 500	414.2	21	1721.7	20	17.6	25	7.0	35	47.5	18	14.7	16	18.1	36	28.3	118	1.6	27
GGE M1 Salad Garlic and Herb Steak	565.2	28	2344.2	28	44.4	63	9.7	49	9.9	4	8.1	9	31.7	63	3.8	16	1.0	17
GGE M1 Steak Sirloin 8oz under 600	562.7	28	2340.5	28	38.3	55	13.8	69	4.4	2	4.3	5	50.1	100	2.3	10	1.4	23
GGE M1 Steak Sirloin 8oz	1196.7	60	4986.0	59	72.4	103	20.3	101	70.6	27	6.6	7	60.9	122	10.8	45	2.4	40
GGE M1 Steak Gammon 10oz	1139.9	57	4755.3	57	65.4	93	19.0	95	69.3	27	11.5	13	65.4	131	8.8	36	9.0	150
GGE M1 Steak Rump 10oz	1237.4	62	5159.6	61	72.5	104	19.9	99	70.6	27	6.6	7	70.9	142	10.8	45	2.4	41
GGE M1 Mixed Grill	1853.1	93	7726.3	92	112.4	161	31.6	158	83.9	32	9.1	10	122.3	245	11.4	48	11.2	187
GGE M1 Steak Top The Cowboy	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Steak Top Peppercorn Sauce	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
GGE M1 Steak Top Mac n Cheese	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
GGE M1 Burger Classic Cheese Beef	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Classic Cheese Beef XL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Classic Cheese Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Classic Cheese Chicken XL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Yankee Beef	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Yankee Beef XL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Yankee Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Yankee Chicken XL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 Burger Squeaky Clean	1416.4	71	5892.5	70	84.4	121	26.7	134	119.5	46	18.1	20	41.4	83	12.0	50	5.1	85
GGE M1 Burger Squeaky Clean XL	1746.4	87	7248.5	86	110.8	158	42.9	215	121.1	47	19.7	22	62.8	126	12.0	50	7.6	127
GGE M1 Burger Bunless Beef	717.7	36	2993.5	36	40.4	58	13.1	66	42.0	16	6.0	7	46.8	94	6.7	28	2.4	40
GGE M1 Burger Bunless Chicken Goujon	632.2	32	2637.7	31	37.0	53	9.5	48	52.4	20	5.8	6	21.1	42	5.7	24	1.7	28

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	%
GGE M1 Burger Bunless Soya	607.6	30	2539.9	30	32.6	47	4.3	21	51.4	20	7.1	8	24.7	49	8.4	35	2.0	33
GGE M1 Sunday Roast Beef	1520.7	76	6338.0	75	96.2	137	21.0	105	102.5	39	19.6	22	57.7	115	15.3	64	4.8	79
GGE M1 Sunday Half Roast Chicken	1818.2	91	7584.5	90	108.1	154	22.7	114	110.4	42	27.7	31	98.1	196	17.1	71	5.6	93
GGE M1 KID Sunday Roast Beef	865.1	43	3608.0	43	52.2	75	11.7	58	65.5	25	9.5	11	31.6	63	10.1	42	2.7	44
GGE M1 KID Sunday Grilled Chicken	873.6	44	3650.3	43	44.6	64	8.1	40	81.8	31	23.8	26	34.7	69	10.5	44	3.2	54
GGE M1 KID Sunday Sausages Veggie	838.4	42	3503.0	42	44.5	64	8.5	43	73.0	28	11.0	12	32.3	65	15.1	63	3.8	63
GGE M1 Chocker Chocolate Fudge Cake	651.8	33	2733.0	33	29.5	42	6.1	31	90.3	35	74.0	82	7.6	15	3.2	13	0.4	6
GGE M1 Salted Caramel Cheesecake Sandwich	626.4	31	2628.4	31	25.4	36	14.7	74	90.3	35	67.1	75	7.5	15	0.7	3	1.3	22
GGE M1 Jam and Coconut Sponge	691.3	35	2904.3	35	29.9	43	13.6	68	96.5	37	67.1	75	10.1	20	2.4	10	0.5	9
GGE M1 Dough Balls Choco Toffee	678.9	34	2868.1	34	13.3	19	5.3	26	127.2	49	64.2	71	11.7	23	4.6	19	1.2	19
GGE M1 Sundae Thats Mint Standard	737.3	37	3087.2	37	38.1	54	20.6	103	87.4	34	73.8	82	9.8	20	2.7	11	0.5	9
GGE M1 Sundae Thats Mint Sharer	1474.6	74	6174.3	74	76.1	109	41.2	206	174.8	67	147.7	164	19.6	39	5.5	23	1.1	18
GGE M1 Sundae Raspberry Waffle Sharer	1314.4	66	5521.1	66	61.7	88	33.8	169	171.2	66	110.9	123	19.0	38	3.4	14	1.2	21
GGE M1 Sundae Raspberry Waffle Standard	657.2	33	2760.6	33	30.8	44	16.9	85	85.6	33	55.4	62	9.5	19	1.7	7	0.6	10
GGE M1 Jacket Potato Cheddar Cheese and Beans	613.5	31	2558.6	30	33.8	48	19.7	99	56.3	22	5.4	6	24.1	48	7.9	33	1.9	31
GGE M1 KID Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M1 KID Burger Blast Off Beef	612.6	31	2567.8	31	20.3	29	6.1	31	78.5	30	8.2	9	28.2	56	9.4	39	1.7	29
GGE M1 KID Burger Chicken Breast Grilled	624.4	31	2621.3	31	18.3	26	4.0	20	79.0	30	8.9	10	34.7	69	9.4	39	1.7	28
GGE M1 KID Chicken Dippers	103.9	5	434.2	5	4.2	6	0.8	4	12.6	5	1.1	1	3.7	7	1.5	6	0.3	5
GGE M1 KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
GGE M1 KID Starter Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M1 KID Starter Dough Balls Garlic	547.3	27	2282.9	27	33.9	48	4.3	21	50.2	19	1.3	1	9.9	20	3.5	15	1.4	24
GGE M1 KID Extra Bacon	231.3	12	960.5	11	18.9	27	11.9	60	1.5	1	0.1	0	13.8	28	0.0	0	1.0	17
GGE M1 KID Extra Cheese	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M1 KID Fish and Chips	762.7	38	3177.6	38	42.7	61	12.6	63	56.9	22	7.9	9	32.7	65	9.6	40	1.8	29
GGE M1 KID Star Fish Fingers	617.4	31	2577.6	31	28.3	40	6.0	30	68.6	26	6.2	7	20.6	41	8.3	35	1.5	25
GGE M1 KID Fruit and Ice Cream	201.9	10	844.3	10	8.0	11	4.0	20	24.7	10	21.9	24	4.9	10	5.4	23	0.2	3
GGE M1 KID Full Time Oranges	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
GGE M1 KID Steak Gammon 5oz	713.2	36	2971.7	35	42.4	61	13.3	67	39.4	15	4.1	5	39.6	79	8.4	35	4.8	80
GGE M1 KID Hidden Veg Pasta Melt	253.0	13	1060.0	13	8.2	12	2.1	11	36.1	14	4.5	5	7.9	16	4.0	17	0.8	14
GGE M1 KID Hunters Chicken	642.2	32	2681.1	32	31.8	45	13.2	66	45.4	17	14.8	16	41.3	83	4.9	20	3.2	53
GGE M1 KID Ice Cream Plain and Simple	249.2	12	1048.7	12	8.0	11	4.1	20	39.3	15	31.3	35	4.5	9	0.9	4	0.2	3

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	%
GGE M1 KID Starter Nachos	279.9	14	1167.6	14	16.0	23	6.5	32	23.1	9	2.3	3	9.8	20	2.0	8	1.0	17
GGE M1 KID Steak Rump 5oz	612.6	31	2557.5	30	31.3	45	11.3	57	40.5	16	6.0	7	38.0	76	9.2	38	1.2	20
GGE M1 KID Starter Salad Sticks	70.2	4	289.1	3	5.8	8	0.5	2	4.0	2	2.7	3	0.5	1	1.3	5	0.4	7
GGE M1 KID Sausage and Mash	693.5	35	2893.9	34	34.7	50	14.6	73	68.5	26	8.3	9	22.1	44	8.9	37	3.7	61
GGE M1 KID Sausage and Mash Veggie	513.0	26	2146.8	26	17.7	25	9.0	45	47.3	18	6.6	7	33.7	67	14.5	60	3.5	59
GGE M1 KID Baby Back Ribs	892.1	45	3736.8	44	44.6	64	16.3	81	85.8	33	35.4	39	36.6	73	5.5	23	1.9	32
GGE M1 KID Super Solar Sausages	639.6	32	2671.2	32	28.9	41	8.4	42	73.5	28	7.9	9	19.9	40	8.7	36	2.1	35
GGE M1 KID Super Solar Sausages Veggie	519.2	26	2173.2	26	17.6	25	4.6	23	59.3	23	6.7	7	27.6	55	12.5	52	2.0	34
GGE M1 KID Unlimited 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
GGE M1 KID Unlimited Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M1 KID Unlimited 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
GGE M1 KID Unlimited 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
GGE M1 KID Waffle and Ice Cream	381.2	19	1603.1	19	13.1	19	5.4	27	59.4	23	31.6	35	6.7	13	1.9	8	0.5	8
GGE M1 PK KID Pizza Little Rita	425.5	21	1790.5	21	13.3	19	6.3	32	55.7	21	9.0	10	21.0	42	6.5	27	1.7	28
GGE M1 PK KID Pizza Little Veg Patch	433.4	22	1823.3	22	13.5	19	6.3	32	56.6	22	9.8	11	21.7	43	7.2	30	1.7	28
GGE M1 PK KID Pizza Little Veg Patch Vegan	345.6	17	1456.9	17	7.7	11	3.4	17	58.0	22	9.3	10	11.3	23	7.2	30	1.5	24
GGE M1 PK Pizza Great Balls of Smoke	1020.5	51	4291.2	51	34.8	50	16.1	81	104.7	40	8.6	10	71.8	144	8.3	34	5.9	98
GGE M1 PK Pizza Hamma Mia	897.9	45	3776.7	45	30.4	43	13.9	70	100.8	39	8.2	9	54.6	109	8.1	34	6.4	107
GGE M1 PK Pizza Lovely Rita	810.0	41	3411.2	41	25.9	37	12.5	62	103.6	40	10.6	12	40.7	81	8.8	37	3.2	54
GGE M1 PK Tostada Great Balls of Smoke	385.3	19	1616.0	19	15.2	22	7.5	38	34.5	13	7.8	9	26.4	53	5.6	24	2.0	33
GGE M1 PK Tostada Hamma Mia	323.8	16	1358.3	16	12.7	18	6.4	32	32.8	13	7.8	9	18.2	36	5.7	24	1.8	31
GGE M1 PK Tostada Lovely Rita	293.2	15	1231.2	15	11.2	16	5.9	29	33.7	13	8.6	10	13.4	27	5.8	24	0.8	13
GGE M1 PK Tostada The Butchers Block	400.7	20	1679.2	20	17.4	25	8.4	42	34.5	13	7.7	9	25.3	51	5.6	23	1.8	30
GGE M1 PK NGCI Pizza Hamma Mia	991.2	50	4144.5	49	29.0	41	13.3	67	138.5	53	13.4	15	43.1	86	5.3	22	5.7	96
GGE M1 PK NGCI Pizza Lovely Rita	903.3	45	3779.0	45	24.6	35	11.9	59	141.3	54	15.7	17	29.1	58	6.0	25	2.6	43
GGE M1 Tacos BBQ Jackfruit	1083.5	54	4538.8	54	47.6	68	15.5	78	140.5	54	25.7	29	19.9	40	14.4	60	3.3	55
GGE M1 Tacos BBQ Jackfruit Vegan	974.0	49	4088.1	49	36.3	52	8.4	42	139.4	54	24.6	27	19.0	38	14.4	60	3.2	53
GGE M1 Tacos Crispy Chicken	1352.1	68	5655.3	67	68.8	98	24.5	123	138.5	53	14.9	17	41.7	83	12.6	53	3.8	64
GGE M1 Tacos Honey BBQ Pulled Pork	1559.0	78	6514.9	78	76.9	110	27.1	136	138.1	53	31.3	35	75.9	152	12.8	53	3.2	53
GGE M1 Soup of the Day	374.6	19	1572.9	19	16.7	24	8.5	43	45.8	18	10.5	12	8.5	17	4.2	17	2.1	35
GGE M1 NGCI Soup of the Day	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	29