

Recipe Nutrition (Extract)

Brand	Description	Portion Size	Calories (Kc)	Energy (kj)	Total Fat (g)	Protein (g)	Total Carbs (g)	Sugars (g)	Sodium (mg)
184989/184991	Roast Chicken	49	59	252	1	13	0	0	69
		100	121	514	2	26	0	0	140
117211	Chicken Breast	55	80	337	2	16	1	0	139
		100	145	612	3	29	1	0	252
135196	Roast Quorn	69	68	285	1	10	3	0	276
		100	98	413	1	14	5	0	400
110469/110468	Roast Potatoes	70	86	364	2	2	15	0	11
		100	123	520	2	3	21	0	16
3090	Yorkshire Pudding	28	63	265	1	3	10	1	65
		100	226	946	5	9	35	2	232
111280	Carrots	40	12	48	0	0	2	2	12
		100	29	121	1	1	6	6	29
187574	Sweetcorn	50	33	137	1	2	5	4	0
		100	66	274	2	3	10	7	0
10297	Jacket Potato	200	194	812	0	6	46	2	0
		100	97	406	0	3	23	1	0
111925	Cheese	30	124	519	10	8	0	0	0
		100	414	1,718	34	25	2	0	1
120893	Baked Beans	56	35	147	0	2	5	1	89
		100	63	264	0	4	9	2	160
187198	Tuna	50	50	211	3	14	0	0	180
		100	99	422	6	27	0	0	360
126781	Salmon	50	65	272	4	12	0	0	0
		100	130	540	8	24	0	0	0
124963	Mayonnaise	10	64	265	0	7	0	0	64
		100	644	2650	70	1	3	3	640
188129	Victoria Sponge	50	204	852	11	2	25	12	120
		100	407	1704	21	4	50	24	240