

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	%
FAM LN PK Garlic Dough Balls	863.7	43	3613.8	43	42.5	61	4.4	22	101.3	39	3.7	4	18.4	37	6.2	26	3.4	57
FAM LN PK VGN Garlic Dough Balls	733.5	37	3094.3	37	17.3	25	1.9	10	124.0	48	29.5	33	18.8	38	6.7	28	3.9	65
FAM LN PK Garlic Pizza Bread	708.5	35	2975.3	35	27.4	39	3.3	16	96.9	37	2.3	3	18.2	36	6.6	27	2.4	39
FAM LN PK Garlic Pizza Bread Cheesy	874.6	44	3667.0	44	39.5	56	11.0	55	97.3	37	2.9	3	32.0	64	6.4	27	3.1	51
FAM LN PK VGN Garlic Pizza Bread Cheesy	812.1	41	3404.3	41	36.4	52	11.1	56	101.6	39	2.3	3	18.6	37	6.6	27	3.2	53
FAM LN PK Mozzarella Dough Balls	946.0	47	3960.5	47	45.4	65	11.4	57	101.0	39	4.2	5	32.8	66	6.0	25	4.1	68
FAM LN PK Blue Cheese Dough Balls	933.6	47	3908.7	47	45.8	65	16.3	82	98.1	38	2.9	3	32.1	64	6.0	25	3.9	66
FAM LN PK Margherita Pizza	806.4	40	3396.1	40	25.7	37	12.4	62	103.5	40	10.5	12	40.4	81	8.5	35	3.2	54
FAM LN PK Margherita Calzone	807.1	40	3399.1	40	25.7	37	12.4	62	103.5	40	10.6	12	40.4	81	8.5	36	3.2	54
FAM LN PK Margherita Pizza Salad	293.9	15	1238.7	15	8.9	13	4.2	21	38.4	15	7.0	8	14.7	29	4.9	21	1.1	18
FAM LN PK VGN Margherita Pizza	710.6	36	2993.7	36	21.0	30	12.5	63	109.8	42	9.7	11	20.2	40	8.5	35	3.4	56
FAM LN PK Ham and Mushroom Pizza	894.5	45	3762.4	45	30.1	43	13.8	69	100.7	39	8.2	9	54.3	109	7.8	32	6.4	106
FAM LN PK Ham and Mushroom Calzone	895.2	45	3765.4	45	30.2	43	13.8	69	100.8	39	8.3	9	54.4	109	7.8	33	6.4	106
FAM LN PK Ham and Mushroom Pizza Salad	337.9	17	1421.8	17	11.1	16	5.0	25	37.1	14	5.8	6	21.7	43	4.6	19	2.7	45
FAM LN PK Veggie Delight Pizza	850.7	43	3583.0	43	26.5	38	12.5	63	110.4	42	16.5	18	43.0	86	11.6	48	3.2	54
FAM LN PK Veggie Delight Calzone	850.7	43	3583.0	43	26.5	38	12.5	63	110.4	42	16.5	18	43.0	86	11.6	48	3.2	54
FAM LN PK Veggie Delight Pizza Salad	315.7	16	1330.6	16	9.2	13	4.3	22	41.9	16	9.9	11	16.0	32	6.4	27	1.1	18
FAM LN PK VGN Veggie Delight Pizza	755.0	38	3180.6	38	21.7	31	12.7	63	116.7	45	15.7	17	22.8	46	11.6	48	3.4	57
FAM LN PK Smoky BBQ Pizza	1195.2	60	5023.4	60	44.4	63	19.9	99	130.0	50	34.6	38	67.0	134	8.1	34	6.8	113
FAM LN PK Smoky BBQ Calzone	1195.9	60	5026.3	60	44.4	63	19.9	99	130.1	50	34.7	39	67.0	134	8.1	34	6.8	113
FAM LN PK Smoky BBQ Pizza Salad	472.5	24	1985.4	24	18.1	26	7.9	40	51.5	20	19.0	21	24.7	49	4.6	19	2.8	47
FAM LN PK Pepperoni Pizza	1023.9	51	4290.4	51	47.9	68	21.5	107	100.4	39	7.3	8	47.6	95	7.0	29	5.2	87
FAM LN PK Pepperoni Calzone	1023.9	51	4290.4	51	47.9	68	21.5	107	100.4	39	7.3	8	47.6	95	7.0	29	5.2	87
FAM LN PK Pepperoni Pizza Salad	415.9	21	1735.3	21	20.0	29	8.8	44	39.3	15	7.7	9	18.6	37	4.6	19	2.6	44
FAM LN PK Meat Lovers Calzone	1191.0	60	4997.8	59	48.7	70	22.0	110	107.3	41	8.0	9	79.9	160	7.9	33	6.7	112
FAM LN PK Meat Lovers Pizza Salad	485.9	24	2038.0	24	20.3	29	9.0	45	40.3	16	5.7	6	34.5	69	4.6	19	2.8	47
FAM LN PK Chicken Supreme Pizza	928.0	46	3906.2	47	28.3	40	12.9	64	106.7	41	12.6	14	62.1	124	9.4	39	3.7	61
FAM LN PK Chicken Supreme Calzone	928.7	46	3909.1	47	28.3	40	12.9	64	106.7	41	12.7	14	62.1	124	9.4	39	3.7	61
FAM LN PK Chicken Supreme Pizza Salad	354.7	18	1493.7	18	10.2	15	4.5	22	40.0	15	8.0	9	25.6	51	5.4	22	1.3	22
FAM LN PK VGN Margherita Pizza Salad	262.0	13	1104.5	13	7.3	10	4.3	21	40.5	16	6.7	7	8.0	16	4.9	21	1.2	19
FAM LN PK VGN Veggie Delight Pizza Salad	283.8	14	1196.5	14	7.7	11	4.4	22	44.0	17	9.6	11	9.3	19	6.4	27	1.2	19
FAM LN PK Topping Jalapenos	14.4	1	61.0	1	0.1	0	0.0	0	3.2	1	3.0	3	0.1	0	0.4	2	0.9	14
FAM LN PK Topping Sliced Tomatoes	20.2	1	86.7	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN PK Topping Sliced Peppers	17.9	1	75.0	1	0.2	0	0.1	0	3.6	1	3.4	4	0.6	1	1.2	5	0.0	0
FAM LN PK Topping Red Onion	23.0	1	96.9	1	0.1	0	0.0	0	4.4	2	3.1	3	0.7	1	0.8	3	0.0	0
FAM LN PK Topping Rocket	1.4	0	5.9	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.1	1	0.0	0
FAM LN PK Topping 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
FAM LN PK Topping Mushrooms	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
FAM LN PK Topping Mozzarella Cheese	125.6	6	522.9	6	9.1	13	5.8	29	0.4	0	0.4	0	10.4	21	0.0	0	0.5	9
FAM LN PK Topping BBQ Sauce	124.9	6	530.3	6	0.1	0	0.0	0	28.3	11	27.3	30	1.1	2	0.7	3	1.7	28
FAM LN PK Topping Brie	138.8	7	574.4	7	12.4	18	8.8	44	0.2	0	0.2	0	6.8	14	0.2	1	0.5	9
FAM LN PK Topping Pepperoni	237.0	12	978.0	12	22.5	32	9.3	46	0.5	0	0.4	0	8.0	16	0.0	0	2.0	33
FAM LN PK Topping Chipotle Pulled Chicken	105.8	5	449.4	5	1.0	1	0.3	1	1.7	1	0.2	0	22.3	45	0.5	2	0.3	5
FAM LN PK Topping Mini Meatballs	189.1	9	792.0	9	7.8	11	3.6	18	6.3	2	0.3	0	22.9	46	0.8	3	1.0	17
FAM LN PK Topping Ham	100.5	5	420.0	5	4.5	6	1.5	8	0.7	0	1.2	1	13.7	27	0.0	0	3.2	53
FAM LN PK Topping Crispy Chicken	326.3	16	1358.8	16	20.5	29	5.8	29	16.0	6	0.4	0	18.6	37	0.6	3	1.8	30
FAM LN PK Topping Chicken Breast	104.5	5	440.3	5	2.4	3	0.5	3	0.9	0	0.7	1	20.6	41	0.0	0	0.5	8
FAM LN PK Topping Inferno Sauce	22.1	1	93.2	1	0.4	1	0.1	0	3.4	1	2.8	3	0.4	1	0.4	2	1.3	21
FAM LN PK Topping Katsu Curry Sauce	99.0	5	416.0	5	5.7	8	1.3	7	10.1	4	6.4	7	1.4	3	1.1	5	0.9	15
FAM LN PK Upgrade Stuff Your Base	786.2	39	3309.4	39	25.3	36	12.2	61	99.8	38	6.8	8	39.5	79	6.9	29	3.2	53
FAM LN PK KID Little Rita Pizza	440.3	22	1848.5	22	17.4	25	4.8	24	53.9	21	5.8	6	16.9	34	4.3	18	2.0	33
FAM LN PK KID VGN Little Rita Pizza	391.9	20	1654.8	20	8.3	12	4.3	22	67.9	26	18.5	21	10.5	21	4.6	19	2.3	39
FAM LN PK KID This Little Piggy Pizza	481.1	24	2018.0	24	19.5	28	5.5	28	52.4	20	4.6	5	23.4	47	3.5	15	3.6	59
FAM LN PK KID Butchers Boy Pizza	621.9	31	2604.1	31	28.6	41	9.6	48	55.7	21	4.4	5	34.8	70	3.9	16	3.5	59
FAM LN PK KID Texan Chick Pizza	655.8	33	2749.8	33	27.5	39	7.7	38	74.2	29	17.8	20	26.3	53	4.1	17	3.7	61
FAM LN PK KID Pepperoni Party Pizza	581.9	29	2431.1	29	31.6	45	10.7	53	52.4	20	4.2	5	21.6	43	3.5	15	3.2	54
FAM LN PK KID Pizza Party	638.4	32	2684.0	32	22.0	31	8.9	45	73.3	28	24.4	27	36.0	72	5.9	25	4.2	71
FAM LN PK Meat Ball Dough Bites	894.4	45	3756.9	45	34.1	49	12.0	60	101.5	39	4.9	5	44.8	90	6.9	29	3.5	59
FAM LN PK Inferno Chicken Pizza	1199.3	60	5034.8	60	46.9	67	18.2	91	125.5	48	15.0	17	66.9	134	9.7	40	6.4	106
FAM LN PK Inferno Chicken Calzone	1200.0	60	5037.7	60	46.9	67	18.2	91	125.5	48	15.1	17	67.0	134	9.7	40	6.4	106
FAM LN PK Inferno Chicken Pizza Salad	480.6	24	2016.6	24	19.3	28	7.1	36	48.0	18	8.1	9	27.5	55	4.7	19	2.7	44
FAM LN PK Chilli Cheese Pizza	1158.2	58	4855.8	58	50.6	72	16.5	82	126.8	49	25.9	29	49.4	99	8.5	36	6.7	112
FAM LN PK Chilli Cheese Calzone	1065.5	53	4466.4	53	48.1	69	15.7	78	113.8	44	16.1	18	44.3	89	7.6	32	5.5	92
FAM LN PK Chilli Cheese Pizza Salad	520.2	26	2172.6	26	30.2	43	7.2	36	44.5	17	9.8	11	17.1	34	4.7	19	2.4	40
FAM LN PK Four Cheese Pizza	1238.3	62	5179.8	62	62.8	90	39.0	195	100.8	39	-	-	66.9	134	6.9	29	-	-
FAM LN PK Four Cheese Calzone	1239.0	62	5182.7	62	62.8	90	39.0	195	100.8	39	-	-	67.0	134	7.0	29	-	-

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
FAM LN PK Four Cheese Pizza Salad	468.8	23	1960.5	23	23.9	34	15.3	76	37.1	14	-	-	25.7	51	4.1	17	-	-
FAM LN PK Chicken Katsu Pizza	1205.8	60	5059.8	60	51.6	74	19.3	97	124.6	48	12.0	13	58.9	118	8.4	35	5.9	98
FAM LN PK Chicken Katsu Pizza Salad	493.6	25	2070.5	25	21.8	31	7.7	39	49.0	19	7.7	9	24.0	48	4.9	20	2.4	41
FAM LN PK Chicken Katsu Calzone	1206.5	60	5062.7	60	51.6	74	19.3	97	124.7	48	12.1	13	59.0	118	8.4	35	5.9	98
FAM LN PK Rocky Road Block Calzone	976.9	49	4094.8	49	37.3	53	14.3	71	142.8	55	64.7	72	16.2	32	-	-	1.7	29
FAM LN PK Rocky Road Block Calzone Sharer	1953.8	98	8189.6	97	74.6	107	28.5	143	285.5	110	129.5	144	32.3	65	-	-	3.4	57
FAM LN VGN Extra Mozzarisella	103.6	5	429.0	5	9.0	13	7.8	39	4.8	2	0.0	0	0.4	1	0.0	0	0.8	14