

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 SCT SB Smoked Haddock Goujons	478.2	24	2001.8	24	19.9	28	5.9	30	40.7	16	4.1	5	30.9	62	6.3	26	2.8	46
FAM LN SCT SB Neeps and Tattie Cakes	515.7	26	2142.4	26	29.3	42	12.4	62	45.2	17	14.6	16	16.9	34	5.1	21	1.3	22
FAM LN SCT SB Scotch Broth	432.5	22	791.5	9	10.0	14	2.4	12	30.7	12	2.3	3	6.8	14	3.2	14	1.3	22
FAM LN SCT SB Haggis Neeps and Tatties	1125.9	56	3686.2	44	50.8	73	23.8	119	90.6	35	8.3	9	29.3	59	17.2	71	5.5	92
FAM LN SCT SB Smoky Haddock	740.3	37	3105.7	37	29.1	42	17.5	87	60.0	23	12.9	14	59.2	118	10.6	44	5.1	85
FAM LN SCT SB Balmoral Chicken	975.5	49	4088.3	49	47.6	68	15.3	77	70.8	27	4.4	5	65.0	130	9.3	39	5.2	87
FAM LN SCT SB Balmoral Steak	1838.1	92	7662.3	91	117.7	168	40.0	200	90.5	35	8.4	9	100.0	200	15.4	64	6.5	108
FAM LN SCT SB Scottish Salmon Fishcakes	883.9	44	3690.9	44	47.0	67	17.6	88	89.1	34	9.9	11	24.2	48	11.5	48	2.8	47
FAM LN SCT SB Burger Braveheart	1530.2	77	6409.0	76	70.1	100	22.1	110	143.9	55	10.2	11	78.8	158	14.7	61	7.9	132
FAM LN SCT SB Smoky Mac n Cheese	940.5	47	3945.6	47	45.2	65	23.5	118	96.0	37	7.5	8	32.2	64	10.5	44	3.8	63
FAM LN SCT SB Mac n Cheese Side	242.3	12	1019.1	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
FAM LN SCT SB Highlander Fries	756.2	38	3162.2	38	41.8	60	15.7	78	64.1	25	0.9	1	27.7	55	7.2	30	4.1	69
FAM LN Extra Sauce Balmoral	85.5	4	360.0	4	7.4	11	3.6	18	3.6	1	0.9	1	0.8	2	0.2	1	0.6	10
FAM LN SCT SB Pear Caramel and Whisky Pudding	745.3	37	3139.6	37	27.4	39	7.6	38	111.6	43	74.6	83	9.6	19	1.7	7	1.2	20
FAM LN SCT SB Raspberry Shortbread Sundae	570.2	29	2386.8	28	28.0	40	11.7	58	68.1	26	42.3	47	-	-	3.5	15	0.6	10