

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 KID Garlic Bread Starter	175.2	9	738.2	9	4.9	7	1.8	9	28.7	11	14.9	17	2.9	6	1.3	6	1.1	18
FAM LN KID Salad Sticks Starter	88.1	4	371.9	4	0.3	0	0.1	0	19.7	8	18.9	21	1.1	2	2.7	11	0.9	15
FAM LN KID Four Crispy Chicken Dippers	643.9	32	2681.9	32	36.9	53	8.6	43	58.2	22	4.9	5	18.5	37	7.6	32	1.8	30
FAM LN KID Two Pork Sausages	612.6	31	2557.9	30	29.4	42	8.5	42	66.1	25	7.1	8	19.2	38	8.4	35	2.4	41
FAM LN KID Two Veggie Sausages	492.2	25	2059.9	25	18.2	26	4.8	24	51.9	20	6.0	7	26.8	54	12.2	51	2.3	39
FAM LN KID Beef Burger	603.9	30	2537.9	30	17.8	25	4.5	23	75.4	29	7.8	9	34.0	68	9.4	39	2.4	40
FAM LN KID Three Fish Fillet Fingers	590.4	30	2464.3	29	28.9	41	6.1	30	61.2	24	5.4	6	19.9	40	8.0	33	1.8	30
FAM LN KID Choice Step 2 Carb (Mandatory)	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
COR Chips Coated 150g	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
COR Potato Waffles Mini	40.4	2	168.9	2	2.0	3	0.1	1	4.9	2	0.2	0	0.6	1	0.4	2	0.2	3
COR Mash with Flora Dairy-Free 150g	384.9	19	589.9	7	9.3	13	3.2	16	22.6	9	1.6	2	2.3	5	3.0	13	0.5	9
FAM LN KID Choice Step 3 Veg (Mandatory)	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
COR Baked Beans 100g	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
COR Peas Frozen	1725.0	86	7225.0	86	7.5	11	2.5	12	225.0	87	77.5	86	130.0	260	115.0	479	11.9	198
FAM LN KID Salad Sticks (Batch)	25.7	1	106.7	1	0.2	0	0.1	0	5.6	2	5.2	6	0.6	1	2.3	10	0.0	1
COR Carrots Frozen (2.5kg)	875.0	44	3650.0	43	0.0	0	0.0	0	167.5	64	162.5	181	10.0	20	80.0	333	4.5	74
FAM LN KID Jelly and Ice Cream	88.7	4	368.6	4	4.0	6	2.0	10	11.3	4	8.9	10	2.0	4	0.1	0	0.2	3
FAM LN 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
FAM LN KID Ice Cream Sundae	234.4	12	983.9	12	8.9	13	5.0	25	33.8	13	26.7	30	4.6	9	-	-	0.2	3
FAM LN KID VGN Ice Cream Sundae	243.3	12	1018.0	12	8.7	12	7.4	37	35.7	14	23.1	26	1.3	3	-	-	0.0	1