

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 DN Soup of the Day	241.5	12	1020.5	12	9.8	14	2.2	11	32.4	12	9.6	11	5.8	12	3.0	13	1.6	26
FAM DN NGCI Soup of the Day	279.3	14	1171.3	14	15.3	22	5.8	29	28.8	11	6.4	7	4.2	8	5.3	22	1.3	22
FAM DN VGN Soup of the Day	241.5	12	1020.5	12	9.8	14	2.2	11	32.4	12	9.6	11	5.8	12	3.0	13	1.6	26
FAM DN NGCI VGN Soup of the Day	130.0	7	544.0	6	3.2	5	0.4	2	15.0	6	5.6	6	2.4	5	2.8	12	0.4	7
FAM DN Golden Breaded Mushrooms	406.1	20	1712.0	20	21.6	31	4.2	21	42.5	16	8.4	9	8.6	17	4.4	18	1.9	32
FAM DN Prawn Cocktail	366.5	18	1535.7	18	22.9	33	3.2	16	26.2	10	7.2	8	14.2	28	2.7	11	2.3	39
FAM DN NGCI Prawn Cocktail	346.2	17	1446.6	17	23.2	33	3.0	15	23.0	9	8.0	9	9.9	20	3.9	16	2.3	38
FAM DN Buttermilk Chicken	688.4	34	2872.7	34	41.1	59	14.6	73	38.1	15	8.0	9	40.4	81	0.6	2	2.5	41
FAM DN Buffalo Chicken Wings	848.4	42	3525.9	42	59.7	85	17.3	87	10.9	4	6.7	7	65.9	132	2.6	11	4.4	74
FAM DN VGN Buffalo Cauliflower Wings	219.1	11	921.3	11	7.1	10	1.2	6	35.4	14	20.6	23	3.6	7	2.9	12	1.4	24
FAM DN Cheesy Nachos	738.5	37	3079.0	37	44.8	64	18.4	92	59.8	23	7.6	8	21.7	43	-	-	3.7	61
FAM DN VGN Nachos	467.3	23	1957.2	23	21.7	31	2.7	14	59.7	23	8.0	9	6.0	12	4.5	19	2.8	47
FAM DN Brie Dippers	604.6	30	2520.5	30	39.8	57	16.2	81	47.2	18	15.2	17	13.9	28	1.3	5	2.8	46
FAM DN Onion Rings to Share	887.6	44	3715.5	44	49.1	70	9.7	48	101.2	39	24.2	27	9.9	20	9.5	40	4.2	69
FAM DN Brie Dippers Sharer	1154.0	58	4807.6	57	79.4	113	32.3	161	82.1	32	18.7	21	27.2	54	1.5	6	5.5	91
FAM DN Cheesy Nachos to Share	1469.9	73	6127.5	73	89.6	128	36.8	184	118.0	45	13.8	15	43.4	87	-	-	6.9	115
FAM DN VGN Nachos to Share	878.8	44	3679.9	44	40.1	57	4.7	23	113.5	44	12.4	14	11.3	23	8.2	34	4.8	80
FAM DN Salad Grilled Chicken and Bacon	343.0	17	1440.8	17	11.2	16	2.9	14	9.2	4	8.3	9	52.6	105	2.5	10	2.8	46
FAM DN NGCI Salad Grilled Chicken and Bacon	343.1	17	1441.2	17	11.2	16	2.9	14	9.2	4	8.4	9	52.6	105	2.5	10	2.8	46
FAM DN VGN Salad Buffalo Cauliflower Wings	283.1	14	1189.2	14	9.7	14	2.1	10	43.3	17	21.8	24	6.2	12	5.4	23	1.6	27
FAM DN Steak Sirloin 8oz	1236.5	62	5154.4	61	74.9	107	20.8	104	73.7	28	6.8	8	61.9	124	12.5	52	3.1	51
FAM DN NGCI Steak Sirloin 8oz	1153.3	58	4806.6	57	70.0	100	19.8	99	64.8	25	5.4	6	61.0	122	11.6	48	2.7	46
FAM DN Steak Rump 10oz	1277.2	64	5328.0	63	75.0	107	20.4	102	73.7	28	6.8	8	72.0	144	12.5	52	3.1	52
FAM DN NGCI Steak Rump 10oz	1194.1	60	4980.2	59	70.1	100	19.4	97	64.8	25	5.4	6	71.0	142	11.6	48	2.8	47
FAM DN Steak Gammon 10oz	1168.2	58	4874.4	58	67.4	96	19.2	96	71.9	28	11.3	13	64.6	129	10.2	42	9.7	162
FAM DN NGCI Steak Gammon 10oz	1168.2	58	4874.4	58	67.4	96	19.2	96	71.9	28	11.3	13	64.6	129	10.2	42	9.7	162
FAM DN Mixed Grill	1951.9	98	8136.7	97	122.8	175	37.8	189	85.2	33	8.1	9	121.8	244	13.1	55	7.7	128
FAM DN NGCI Mixed Grill	1868.7	93	7788.7	93	117.9	168	36.9	184	76.4	29	6.7	7	120.8	242	12.2	51	7.3	122
FAM DN Rack of BBQ Ribs	1280.0	64	5358.4	64	71.9	103	22.2	111	102.4	39	25.2	28	54.6	109	9.4	39	2.8	47
FAM DN Rack of BBQ Ribs XL	1858.3	93	7774.9	93	107.4	153	36.6	183	123.7	48	46.1	51	98.0	196	9.4	39	4.3	71
FAM DN Steak Topper Black and Blue	193.0	10	798.0	10	18.2	26	6.9	35	0.3	0	0.1	0	7.0	14	0.9	4	0.5	8
FAM DN Steak Topper Chilli Cheese	168.4	8	705.8	8	8.7	12	4.6	23	13.1	5	9.9	11	9.8	20	1.0	4	1.6	26
FAM DN Steak Topper Stilton	164.0	8	680.0	8	14.0	20	9.2	46	0.0	0	0.0	0	9.5	19	0.0	0	0.8	13

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM DN Extra Sauce Peppercorn	57.0	3	240.7	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
FAM DN Extra Sauce Diane	71.2	4	300.7	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
FAM DN Extra Chicken Wings and Goujons Combo	707.4	35	2944.1	35	47.3	68	14.2	71	17.8	7	1.7	2	52.2	104	0.9	4	2.6	43
FAM DN Extra Chicken Wings x 3	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
FAM DN Extra Half Rack BBQ Ribs	578.2	29	2416.5	29	35.5	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
FAM DN Extra Onion Rings and Breaded Mushrooms Combo	388.8	19	1633.0	19	22.7	32	4.4	22	38.6	15	3.9	4	6.8	14	4.2	17	1.6	26
FAM DN Mega Chilli Cheese Burger	1984.6	99	8307.3	99	94.3	135	28.0	140	156.9	60	20.4	23	125.4	251	10.4	43	9.1	152
FAM DN Mega Rump and Scampi	2158.7	108	6508.1	77	99.9	143	26.4	132	104.8	40	13.1	15	83.5	167	15.5	64	4.8	79
FAM DN Mega Mixed Grill	2773.8	139	11568.6	138	170.6	244	52.8	264	101.1	39	9.5	11	203.8	408	13.8	58	13.6	227
FAM DN NGCI Mega Mixed Grill	2690.5	135	11220.6	134	165.7	237	51.8	259	92.2	35	8.1	9	202.9	406	12.9	54	13.3	221
FAM DN Mega Hunters Chicken	1257.9	63	5271.0	63	53.6	77	16.5	82	75.8	29	11.6	13	117.1	234	7.7	32	7.7	129
FAM DN Steak and Ale Pie	1237.9	62	5175.8	62	56.9	81	19.4	97	141.2	54	8.9	10	33.7	67	12.5	52	3.9	65
FAM DN Curry Chicken Tikka Masala	1207.4	60	5085.4	61	38.4	55	8.9	44	170.3	66	26.4	29	44.7	89	12.4	52	3.9	65
FAM DN NGCI Chicken Tikka Masala	1081.0	54	4545.9	54	42.6	61	10.9	55	137.1	53	24.7	27	38.0	76	10.5	44	3.4	57
FAM DN Beef Lasagne	725.6	36	3019.1	36	37.8	54	16.2	81	68.5	26	13.6	15	28.3	57	28.7	120	2.7	44
FAM DN Beef Lasagne Salad	405.1	20	1683.1	20	17.4	25	6.9	35	46.1	18	13.3	15	17.4	35	27.4	114	1.6	27
FAM DN Breaded Scampi	1905.6	95	4216.9	50	61.2	87	15.1	76	120.5	46	10.6	12	31.2	62	14.6	61	3.8	64
FAM DN Beer Battered Cod and Chips	1623.9	81	6796.1	81	87.3	125	22.9	114	125.9	48	-	-	78.2	156	-	-	4.5	75
FAM DN VGN Fishless Fish and Chips	987.5	49	4140.0	49	40.2	57	7.4	37	125.7	48	7.0	8	23.0	46	16.9	70	4.0	66
FAM DN Hunters Chicken	977.2	49	4091.5	49	45.3	65	14.1	71	74.1	29	10.3	11	66.1	132	7.7	32	5.0	84
FAM DN Roasted Sweet Potato and Chickpea Tagine	494.1	25	2095.0	25	9.7	14	4.1	20	96.3	37	20.0	22	12.8	26	7.6	32	4.3	72
FAM DN VGN Roasted Sweet Potato and Chickpea Tagine	436.7	22	1858.4	22	4.2	6	0.6	3	95.2	37	18.9	21	12.0	24	7.6	32	4.3	71
FAM DN Pasta Alfredo	665.5	33	2788.7	33	29.8	43	13.8	69	78.0	30	8.6	10	17.3	35	9.1	38	1.4	23
FAM LN Pasta Alfredo under 500	461.3	23	1934.6	23	19.0	27	10.5	52	56.1	22	8.3	9	13.4	27	7.8	33	0.8	14
FAM DN Pasta Alfredo Chicken	874.6	44	3669.3	44	34.6	49	14.8	74	79.7	31	10.0	11	58.4	117	9.1	38	2.3	38
FAM DN Sausage and Mash	1148.2	57	4777.1	57	73.2	105	26.0	130	70.5	27	12.0	13	39.8	80	10.8	45	5.2	86
FAM DN Sausage and Mash Vegetarian	744.7	37	3111.3	37	32.0	46	7.0	35	77.7	30	14.7	16	26.6	53	16.8	70	3.3	55
FAM DN Burger The Classic Beef Double	1077.6	54	4512.0	54	47.8	68	10.4	52	106.1	41	8.2	9	54.1	108	9.1	38	4.1	69
FAM DN Burger The Classic Beef Triple	1211.2	61	5075.3	60	51.6	74	11.9	60	110.4	42	8.2	9	74.5	149	9.2	38	5.0	83
FAM DN Burger The Classic Beef Mega	1344.9	67	5638.6	67	55.5	79	13.4	67	114.7	44	8.3	9	94.9	190	9.3	39	5.8	97
FAM DN Burger The Cowboy Double	1194.1	60	4997.6	59	54.8	78	15.3	76	106.3	41	-	-	67.0	134	9.1	38	-	-

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM DN Burger The Cowboy Triple	1327.8	66	5560.9	66	58.7	84	16.8	84	110.6	43	-	-	87.4	175	9.2	38	-	-
FAM DN Burger The Cowboy Mega	1461.4	73	6124.2	73	62.5	89	18.2	91	114.9	44	-	-	107.8	216	9.3	39	-	-
FAM DN Burger The Knock Out Double	1495.8	75	6256.3	74	73.0	104	21.6	108	128.0	49	-	-	79.7	159	9.6	40	-	-
FAM DN Burger The Knock Out Triple	1629.4	81	6819.7	81	76.9	110	23.1	116	132.3	51	-	-	100.1	200	9.7	40	-	-
FAM DN Burger The Knock Out Mega	1763.1	88	7383.2	88	80.7	115	24.6	123	136.6	53	-	-	120.5	241	9.8	41	-	-
FAM DN Burger The Classic Chicken	1169.6	58	4882.6	58	63.5	91	15.7	79	113.4	44	8.9	10	34.2	68	8.9	37	3.5	59
FAM DN Burger The Classic Chicken Double	1528.9	76	6379.8	76	86.9	124	24.0	120	129.3	50	9.7	11	55.1	110	8.9	37	4.6	77
FAM DN Burger BBQ Chicken	1242.6	62	5187.9	62	67.0	96	19.2	96	120.0	46	-	-	37.4	75	8.9	37	-	-
FAM DN Burger BBQ Chicken Double	1601.9	80	6685.1	80	90.4	129	27.5	137	135.9	52	-	-	58.3	117	8.9	37	-	-
FAM DN VGN Burger BBQ Jackfruit	1094.8	55	4583.2	55	47.6	68	8.0	40	130.2	50	23.9	27	32.4	65	13.0	54	4.0	67
FAM DN VGN Burger BBQ Jackfruit Double	1314.8	66	5504.2	66	59.5	85	8.9	45	140.0	54	25.6	28	49.7	99	15.4	64	5.0	84
FAM DN NGCI Burger The Classic Double	728.3	36	3055.9	36	30.1	43	7.8	39	64.0	25	1.2	1	47.5	95	6.3	26	2.7	45
FAM DN NGCI Burger The Classic Triple	862.0	43	3619.2	43	33.9	48	9.3	47	68.3	26	1.2	1	67.9	136	6.4	27	3.5	59
FAM DN NGCI Burger The Classic Mega	995.6	50	4182.5	50	37.8	54	10.8	54	72.6	28	1.3	1	88.3	177	6.5	27	4.4	73
FAM DN NGCI Burger The Cowboy Double	844.9	42	3541.4	42	37.1	53	12.6	63	64.2	25	-	-	60.5	121	6.3	26	-	-
FAM DN NGCI Burger The Cowboy Triple	978.5	49	4104.8	49	40.9	58	14.1	71	68.5	26	-	-	80.9	162	6.4	27	-	-
FAM DN NGCI Burger The Cowboy Mega	1112.2	56	4668.1	56	44.8	64	15.6	78	72.8	28	-	-	101.3	203	6.5	27	-	-
FAM DN Extra Cheese American Style Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
FAM DN Extra Bacon Rasher	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
FAM DN Extra Mushroom Grilled	90.5	5	373.0	4	9.5	14	1.2	6	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
FAM DN Extra Egg Fried	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
FAM DN Extra Cheese Stilton 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
FAM LN Extra Cheese Stilton 56g	229.6	11	952.0	11	19.6	28	12.9	64	0.1	0	0.1	0	13.3	27	0.0	0	1.1	18
FAM DN Extra Jalapenos 20g	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 DN Extra Cheese Cheddar 56g	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
FAM DN Extra Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
FAM DN Extra Onion Rings x 8	332.6	17	1391.2	17	19.6	28	3.9	19	35.3	14	5.5	6	3.9	8	3.7	16	1.3	22
FAM DN Extra Garlic Bread x 3	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
FAM DN Extra Garlic Bread Cheesy x 3	669.2	33	2787.0	33	45.2	65	23.0	115	36.7	14	2.7	3	27.4	55	3.0	12	2.4	40
FAM DN Extra Bread and Spread White x 2 Slice	331.0	17	1393.0	17	16.0	23	4.1	20	40.0	15	0.8	1	7.6	15	2.5	10	0.8	13
FAM DN Extra Bread and Spread Brown x 2 Slice	335.1	17	1412.9	17	17.2	25	4.1	21	36.0	14	0.9	1	10.0	20	3.3	14	0.7	12
FAM DN Extra House Salad	31.2	2	130.6	2	1.4	2	0.3	1	3.7	1	3.5	4	0.8	2	1.2	5	0.0	0
FAM DN Extra Seasonal Vegetables	71.2	4	298.2	4	0.6	1	0.2	1	10.1	4	6.4	7	4.8	10	5.3	22	0.2	3

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FAM DN Extra Sauce Chip Shop Curry 100g	93.4	5	394.3	5	6.5	9	3.9	20	7.2	3	3.6	4	1.4	3	0.6	2	0.7	12
FAM DN Extra Sweet Potato Fries 284g	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
FAM DN Extra Beef Chilli	93.4	5	392.4	5	2.5	4	0.8	4	13.1	5	9.9	11	5.2	10	1.0	4	1.2	20
FAM DN Extra BBQ Jackfruit	141.2	7	591.2	7	5.5	8	0.4	2	20.1	8	11.7	13	2.0	4	1.8	7	0.7	12
FAM DN 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
FAM DN Extra Pigs in Blankets x 3	166.1	8	689.9	8	12.8	18	4.6	23	4.3	2	0.6	1	8.2	16	0.3	1	1.1	19
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM LN Extra Loaded Chips Chicken Katsu	949.8	47	3969.5	47	53.2	76	15.8	79	85.3	33	10.0	11	28.8	58	7.8	32	3.1	51
FAM LN Extra Loaded Chips Sloppy Joes	764.0	38	3195.6	38	41.9	60	15.6	78	72.7	28	12.3	14	21.5	43	7.4	31	3.1	52
FAM DN Praline Chocolate Tart	558.7	28	2332.2	28	32.9	47	16.6	83	54.2	21	27.1	30	8.2	16	-	-	0.2	4
FAM DN VGN Praline Chocolate Tart	554.9	28	2315.0	28	32.9	47	18.1	90	53.0	20	23.8	26	6.5	13	-	-	0.1	2
FAM DN NGCI Praline Chocolate Tart	554.7	28	2315.2	28	32.9	47	16.6	83	53.2	20	26.1	29	8.2	16	-	-	0.2	4
FAM DN NGCI VGN Praline Chocolate Tart	554.9	28	2315.0	28	32.9	47	18.1	90	53.0	20	23.8	26	6.5	13	-	-	0.1	2
FAM DN Apple Pie	476.1	24	2000.0	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
FAM DN VGN Apple Pie	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
FAM DN Chocolate Fudge Cake	689.1	34	2889.7	34	29.8	43	6.4	32	98.3	38	79.0	88	7.8	16	-	-	0.4	7
FAM DN Sicilian Lemon Muffin Cheesecake	589.0	29	2459.2	29	36.3	52	17.8	89	60.3	23	40.0	44	8.7	17	0.8	3	0.5	9
FAM DN Jam Roly Poly	511.9	26	2149.5	26	23.5	34	16.0	80	69.6	27	40.9	45	6.7	13	1.4	6	0.5	9
FAM DN Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
FAM DN NGCI Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
FAM DN Chocolate Crownie	766.0	38	2943.5	35	34.9	50	12.9	64	89.0	34	59.7	66	9.4	19	-	-	0.8	13
FAM DN Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM DN NGCI Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM DN Chocolate Indulgence Sundae Sharer	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM DN NGCI Chocolate Indulgence Sundae Sharer	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM DN Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
FAM DN VGN Simply Delicious Ice Cream	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
FAM DN NGCI Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
FAM DN NGCI VGN Simply Delicious Ice Cream	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
FAM DN Red Velvet and White Chocolate Cake	1028.6	51	4282.1	51	73.1	104	41.4	207	83.4	32	59.2	66	11.4	23	-	-	1.3	21
FAM DN Extra Poppadom	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
FAM DN Extra Mash Potato 284g	300.5	15	1258.6	15	11.3	16	4.5	23	42.6	16	2.8	3	4.3	9	5.7	24	0.7	12

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 DN Extra Roast Beef 84g	184.5	9	766.9	9	12.9	18	5.0	25	0.0	0	0.0	0	17.0	34	0.0	0	0.1	2
FAM DN Extra Roast Turkey 85g	91.9	5	388.4	5	1.0	1	0.3	1	0.0	0	0.0	0	20.6	41	0.0	0	0.2	3
FAM DN Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN Extra Naan Bread	380.9	19	1604.2	19	8.2	12	0.7	3	63.8	25	3.3	4	10.1	20	5.1	21	1.0	17
FAM DN Extra Sauce Classic Burger 56g	209.4	10	866.3	10	19.8	28	1.5	7	7.2	3	5.7	6	0.6	1	0.1	0	1.2	20
FAM DN Extra Jacket Potato	180.0	9	763.2	9	0.5	1	0.0	0	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM DN Extra Stuffing 84g	75.1	4	317.4	4	1.4	2	0.4	2	14.4	6	0.5	1	2.0	4	0.8	3	0.7	12
FAM DN Extra Prawns 80g	34.6	2	147.6	2	0.1	0	0.1	0	0.1	0	0.0	0	8.4	17	0.0	0	1.2	20
FAM DN Extra Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM LN Extra Sauce Garlic Mayonnaise 56g	157.9	8	649.6	8	15.2	22	1.2	6	4.7	2	1.4	2	0.3	1	0.1	0	1.1	18
FAM DN Extra Ice Cream Scoop Vanilla	84.1	4	352.5	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
FAM DN VGN Extra Ice Cream Scoop Vanilla	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
FAM DN Extra Custard 100g	105.0	5	443.0	5	3.0	4	1.7	9	16.5	6	12.1	13	3.1	6	0.0	0	0.1	2
FAM DN Extra Chocolate Flake	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
FAM DN Extra Roast Potatoes 180g	269.8	13	1130.4	13	13.2	19	1.5	7	33.4	13	0.7	1	2.5	5	4.1	17	0.9	15
FAM DN Extra Cheese Halloumi	161.0	8	665.5	8	12.6	18	8.0	40	1.0	0	1.0	1	11.0	22	-	-	1.3	22
FAM DN KID Salad Sticks Starter	45.9	2	192.7	2	0.2	0	0.0	0	10.3	4	8.8	10	0.6	1	1.7	7	0.4	7
FAM DN KID Garlic Bread Starter	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
FAM DN 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 DN 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 DN 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 DN 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 DN KID Beef Burger	545.9	27	2293.2	27	16.1	23	3.9	19	73.5	28	7.7	9	25.2	50	9.3	39	2.0	34
FAM DN 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 DN KID Ice Cream Sundae	271.8	14	1140.5	14	9.3	13	5.3	26	41.8	16	31.7	35	4.8	10	-	-	0.2	4
FAM DN 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
FAM DN 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 Mini Ice Cream Tub Chocolate	99.6	5	417.0	5	3.8	5	2.2	11	12.4	5	9.1	10	3.7	7	0.3	1	0.2	3
FAM LN KID Mini Ice Cream Tub Strawberry	88.2	4	370.2	4	3.1	4	1.6	8	11.9	5	11.9	13	3.2	6	0.1	1	0.1	2
FAM LN KID Mini Ice Cream Tub Valilla	88.2	4	372.0	4	3.1	4	1.6	8	11.8	5	11.8	13	3.1	6	0.1	1	0.1	2
FAM DN KID Extra Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
FAM LN KID Extra Baked Beans	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
FAM LN KID Extra Carrots	29.6	1	123.6	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.4	7

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 DN KID Extra Cheese	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
FAM DN KID Extra Chicken Breast	130.0	7	545.7	6	5.0	7	1.1	6	1.0	0	1.0	1	20.2	40	0.0	0	0.4	7
FAM LN KID Extra Chips	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
FAM DN KID Extra Fish Fingers	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
FAM LN KID Extra Salad Sticks	17.9	1	74.0	1	0.2	0	0.0	0	3.8	1	3.6	4	0.5	1	1.6	7	0.0	0
FAM LN KID Extra Egg Fried	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
FAM LN KID Extra Mashed Potato	187.9	9	786.9	9	9.3	13	3.2	16	22.5	9	1.5	2	2.3	5	3.0	13	0.4	6
FAM DN KID Extra Mini Potato Waffles	161.7	8	675.5	8	7.8	11	0.5	3	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
FAM LN KID Extra 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
FAM DN KID Extra Pork Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
FAM DN KID Extra Veggie Sausage	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.7	12
FAM LN KID Extra Sweetcorn	62.8	3	264.7	3	1.2	2	0.3	2	9.8	4	6.9	8	2.1	4	2.1	9	0.2	3
FAM DN KID Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN Sunday Roast Half Chicken	1728.9	86	7233.3	86	82.0	117	21.1	106	150.5	58	30.1	33	95.3	191	18.8	78	7.5	125
FAM DN Sunday Roast Half Chicken XL	2469.2	123	10341.6	123	111.1	159	30.2	151	246.0	95	37.8	42	111.2	222	29.5	123	10.3	172
FAM DN Sunday Roast Turkey	1213.5	61	5092.2	61	38.9	56	9.0	45	157.8	61	37.5	42	56.3	113	17.4	72	4.4	74
FAM DN Sunday Roast Turkey XL	1981.1	99	8315.1	99	71.8	103	18.6	93	245.7	95	37.5	42	77.6	155	27.9	116	8.5	141
FAM DN Sunday Roast Beef	1430.2	72	5982.0	71	66.8	95	19.1	95	150.2	58	29.8	33	54.8	110	17.2	72	5.5	92
FAM DN Sunday Roast Beef XL	2170.6	109	9090.3	108	95.9	137	28.1	140	245.7	95	37.5	42	70.7	141	27.9	116	8.3	139
FAM DN Sunday Roast Vegetarian	1576.6	79	6596.8	79	76.5	109	20.2	101	185.3	71	34.8	39	34.6	69	20.1	84	7.0	116
FAM DN Sunday Roast Vegetarian XL	2150.8	108	9015.2	107	92.7	132	24.6	123	276.5	106	41.8	46	42.2	84	30.5	127	8.6	144
FAM DN KID Sunday Roast Beef	833.0	42	3473.0	41	50.7	72	11.8	59	66.2	25	6.5	7	25.4	51	8.2	34	2.3	39
FAM DN KID Sunday Roast Chicken	798.4	40	3334.0	40	44.2	63	8.4	42	67.2	26	7.5	8	30.4	61	8.2	34	2.6	44
FAM DN NGCI Sunday Roast Beef	1292.5	65	5402.3	64	62.9	90	17.8	89	127.4	49	27.5	31	47.3	95	16.6	69	4.6	77
FAM DN NGCI Sunday Roast Half Chicken	1530.1	77	6398.3	76	74.5	106	19.4	97	121.4	47	22.4	25	87.2	174	18.0	75	5.3	89
FAM DN NGCI Sunday Roast Turkey	1075.8	54	4512.7	54	35.0	50	7.7	39	135.0	52	35.2	39	48.8	98	16.8	70	3.5	58
FAM DN Extra Pigs in Blankets x 3	166.1	8	689.9	8	12.8	18	4.6	23	4.3	2	0.6	1	8.2	16	0.3	1	1.1	19
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM DN Extra Seasonal Vegetables	71.2	4	298.2	4	0.6	1	0.2	1	10.1	4	6.4	7	4.8	10	5.3	22	0.2	3
FAM DN Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN Extra Cauliflower Cheese	287.2	14	1194.9	14	17.6	25	10.3	51	13.9	5	6.5	7	18.4	37	-	-	1.2	19
FAM DN Extra Roast Potatoes 180g	269.8	13	1130.4	13	13.2	19	1.5	7	33.4	13	0.7	1	2.5	5	4.1	17	0.9	15
FAM DN Carvery Ciabatta Honey-Glazed Gammon	809.9	40	3404.3	41	26.5	38	6.6	33	111.1	43	8.7	10	32.3	65	6.7	28	6.3	106

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM DN Carvery Sunday Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Veg Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Veg Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Meatless Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Meatless Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Kids	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Carvery Sunday Veg Kids	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM DN Extra Giant Yorkshire Pudding	259.3	13	1093.0	13	8.6	12	0.9	5	37.9	15	5.7	6	7.7	15	2.1	9	0.5	9
FAM DN Extra Pigs in Blankets x 3	166.1	8	689.9	8	12.8	18	4.6	23	4.3	2	0.6	1	8.2	16	0.3	1	1.1	19
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM DN Extra Ciabatta and Spread	423.6	21	1689.9	20	16.7	24	3.8	19	53.0	20	1.4	2	9.7	19	2.2	9	1.1	18
FAM DN Sandwich Cheese and Red Onion Chutney	872.5	44	3657.9	44	41.1	59	20.3	102	90.0	35	15.7	17	33.3	67	4.8	20	3.0	50
FAM DN NGCI Sandwich Cheese and Red Onion Chutney	731.2	37	3051.6	36	43.7	62	20.2	101	56.3	22	14.3	16	24.4	49	7.6	32	2.5	42
FAM DN Melt Rump Steak	1044.0	52	4373.9	52	50.4	72	21.0	105	89.5	34	15.6	17	55.6	111	4.8	20	3.1	52
FAM DN NGCI Melt Rump Steak	902.7	45	3767.6	45	53.0	76	20.9	104	55.8	21	14.3	16	46.7	93	7.6	32	2.7	44
FAM DN Melt BBQ Chicken	866.5	43	3638.0	43	36.5	52	15.5	77	85.8	33	11.4	13	46.4	93	4.4	18	3.3	54
FAM DN NGCI Melt BBQ Chicken	697.2	35	2913.0	35	39.1	56	15.3	77	45.7	18	4.8	5	37.3	75	7.1	30	2.4	39
FAM DN Sandwich Chicken and Bacon Club	888.1	44	3715.8	44	47.6	68	9.5	48	72.5	28	6.3	7	42.7	85	5.8	24	4.1	69
FAM DN NGCI Sandwich Chicken and Bacon Club	732.7	37	3066.2	37	35.8	51	5.7	28	63.2	24	8.8	10	34.7	69	11.1	46	3.7	62
FAM DN LB Breaded Scampi	955.6	48	2116.5	25	31.1	44	7.1	36	57.9	22	8.2	9	16.2	32	9.1	38	2.1	35
FAM DN LB Beer Battered Cod and Chips	838.7	42	3507.5	42	44.3	63	11.0	55	64.8	25	-	-	41.1	82	-	-	2.5	42
FAM DN LB Hunters Chicken	686.7	34	2871.5	34	35.7	51	12.1	61	47.4	18	9.5	11	42.1	84	4.9	20	4.0	67
FAM DN LB Sausage and Mash	671.9	34	2798.8	33	40.7	58	16.3	82	41.7	16	5.3	6	26.9	54	6.9	29	3.8	63
FAM DN LB Sausage and Mash Vegetarian	402.9	20	1688.3	20	13.2	19	3.7	18	46.5	18	7.2	8	18.1	36	10.9	45	2.6	43
FAM DN LB VGN Fishless Fish and Chips	567.1	28	2378.0	28	21.7	31	4.1	20	72.7	28	5.1	6	15.4	31	11.2	47	2.3	38