

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Add Prawns to Curry	54.8	3	0.6	1	0.1	0	0.0	0	0.0	0	12.4	28	0.0	0	0.7	12
American Combo For One	1116.9	56	67.8	97	19.4	97	79.4	35	15.0	17	46.8	104	8.7	36	4.3	72
Backyard BBQ Burger	1074.7	54	48.0	69	18.5	93	90.3	39	14.6	16	64.4	143	8.9	37	3.2	54
Bacon - Rasher of Streaky - Extra	84.9	4	6.8	10	2.5	12	0.0	0	0.0	0	6.0	13	0.0	0	1.1	18
Baguette and Butter (V) - Side Order	409.0	20	12.7	18	7.7	38	61.9	27	3.8	4	10.3	23	3.0	13	1.3	21
Baked Beans (V) - Extra 100g	75.0	4	0.3	0	0.1	1	13.7	6	3.6	4	4.9	11	3.6	15	0.6	10
Bang Bang Vegetable Curry (V)	898.2	45	21.4	31	3.7	19	155.1	67	50.7	56	15.0	33	9.5	40	3.8	63
Bap and Butter (V) - Extra	253.7	13	10.0	14	4.2	21	33.1	14	4.5	5	7.0	15	2.0	8	0.9	15
Battered Chicken Fillet - Extra	225.0	11	12.0	17	4.2	21	11.7	5	0.2	0	17.2	38	0.5	2	0.6	10
Battered Onion Rings (V) 2s	76.2	4	4.6	7	0.9	5	7.9	3	1.2	1	0.9	2	0.8	3	0.3	5
Beef Burger 6oz - Extra	285.8	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	73	0.2	1	1.5	25
Beef Burger 6oz - Plain	843.6	42	34.7	50	13.1	65	81.7	36	6.5	7	45.7	101	8.2	34	2.5	42
Beef Lasagne	630.6	32	32.3	46	13.3	67	61.5	27	12.4	14	23.0	51	5.9	25	2.4	40
Beef Lasagne < 500 Kcal	431.8	22	21.0	30	10.4	52	41.4	18	11.3	13	19.5	43	4.4	18	1.9	31
Beef Madras	996.8	50	34.7	50	7.8	39	127.6	55	26.9	30	36.1	80	9.5	40	5.0	84
Bloomer Bread and Butter (V) - Side Order	315.5	16	14.7	21	8.0	40	36.1	16	1.0	1	10.1	22	3.3	14	1.0	16
Blueberry Crumble Cheesecake (V)	777.9	39	51.3	73	33.9	169	62.7	27	42.5	47	9.2	20	1.0	4	0.4	7
Brinner - Hickory BBQ Pulled Pork Hash Up	1361.0	68	76.3	109	28.1	141	104.8	46	43.2	48	59.0	131	9.3	39	4.8	80
Brunch	1234.6	62	78.5	112	25.5	128	70.1	30	7.4	8	56.3	125	11.8	49	7.0	116
Bucket of Chips (V) - To Share	772.5	39	29.0	41	11.4	57	106.4	46	16.0	18	11.9	26	11.6	48	1.1	18
Bucket of Chips with Cheese (V)	1002.1	50	48.3	69	23.5	118	106.5	46	16.1	18	25.9	58	11.6	48	2.1	35
Bucket of Fries with Cheese (V)	1130.9	57	56.5	81	27.8	139	122.4	53	16.1	18	23.6	53	11.6	48	2.1	35
Buttermilk Chicken - Bowl	647.2	32	31.6	45	12.1	60	59.4	26	8.5	9	27.7	62	4.6	19	1.4	24
Buttermilk Chicken - Bucket	1313.7	66	64.1	92	24.6	123	121.3	53	17.0	19	55.6	124	9.4	39	2.9	48
Buttermilk Chicken - Extra	347.1	17	19.7	28	7.1	35	17.6	8	0.8	1	24.5	55	0.8	3	1.0	16
Buttermilk Chicken Strips	409.9	20	19.9	28	7.1	36	32.5	14	13.3	15	25.0	56	1.7	7	1.6	27
Cajun Chicken	761.8	38	32.4	46	11.8	59	64.0	28	6.1	7	49.7	110	10.0	41	3.0	50
Cajun Chips (V) - Bowl	391.2	20	14.7	21	5.7	29	54.2	24	8.2	9	6.1	14	6.1	25	1.1	18
Cajun Chips (V) - Bucket	782.4	39	29.3	42	11.4	57	108.3	47	16.4	18	12.2	27	12.1	51	2.2	37
Cajun seasoning upgrade for Chips on meals (V)	2.5	0	0.1	0	0.0	0	0.5	0	0.1	0	0.1	0	0.1	1	0.3	5
Cheddar Cheese & Baked Beans Jacket (V)	597.2	30	31.7	45	19.6	98	56.6	25	6.5	7	24.4	54	8.4	35	1.9	32

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Cheddar Cheese (V) - Extra	114.8	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	16	0.0	0	0.5	8
Cheddar Cheese and BBQ Sauce (V) - Steak Topper	265.7	13	19.3	28	12.2	61	8.2	4	7.8	9	14.3	32	0.4	2	1.4	24
Cheddar Cheese and Onion Baguette	950.2	48	52.6	75	24.1	121	79.9	35	5.5	6	37.7	84	4.9	21	3.1	52
Cheesy Garlic Bread (V)	512.8	26	35.4	51	16.3	81	28.6	12	1.6	2	19.0	42	2.2	9	1.7	29
Cheesy Garlic Bread (V) - Bucket	1538.5	77	106.1	152	48.8	244	85.9	37	4.8	5	57.0	127	6.5	27	5.1	86
Chicken & Bacon BBQ Melt	955.5	48	43.7	62	13.8	69	86.8	38	12.3	14	51.4	114	5.3	22	4.9	81
Chicken and Bacon Salad	516.7	26	30.0	43	7.3	36	7.9	3	7.4	8	54.7	122	3.9	16	3.4	57
Chicken Balti	905.0	45	27.5	39	2.4	12	119.1	52	22.5	25	40.9	91	8.9	37	4.9	82
Chicken Battered Fillet Burger - Plain	1007.8	50	42.8	61	14.6	73	102.7	45	6.7	7	47.2	105	9.1	38	2.2	36
Chicken Jalfrezi	860.8	43	22.4	32	2.4	12	131.7	57	25.2	28	40.9	91	8.5	36	3.9	65
Chicken Korma- Small Naan	1122.6	56	43.2	62	24.5	122	136.1	59	37.1	41	42.9	95	8.9	37	4.1	68
Chicken Tikka Masala	884.6	44	24.8	35	5.8	29	123.5	54	24.9	28	38.1	85	8.2	34	3.2	54
Chip Buttie (V)	813.2	41	32.3	46	8.0	40	109.2	47	4.0	4	15.7	35	9.4	39	1.3	22
Chips (V) - Bowl	386.3	19	14.5	21	5.7	28	53.2	23	8.0	9	5.9	13	5.8	24	0.6	9
Chips and Rice Upgrade (V)	459.9	23	10.1	14	3.9	20	80.4	35	1.0	1	8.1	18	4.3	18	0.1	2
Chips with Cheese (V) - Bowl	501.1	25	24.1	34	11.8	59	53.3	23	8.0	9	12.9	29	5.8	24	1.1	18
Chocolate Crownie (V)	763.4	38	34.5	49	12.7	64	88.4	38	59.4	66	10.8	24	2.3	10	0.8	14
Chocolate Flake (V) - Extra	85.6	4	4.9	7	3.0	15	9.0	4	8.9	10	1.3	3	0.1	0	0.0	1
Chocolate Fudge Cake (V)	844.0	42	32.0	46	11.1	55	128.5	56	112.2	125	10.0	22	4.7	20	0.9	16
Chocolate Indulgence Sundae (V)	719.1	36	40.7	58	26.2	131	76.5	33	70.8	79	10.5	23	1.9	8	0.4	7
Coleslaw - Side	164.1	8	12.8	18	0.9	5	23.9	10	6.4	7	1.2	3	3.5	14	2.2	37
Custard (V) - Extra	89.0	4	1.8	3	1.1	6	15.4	7	11.0	12	2.9	6	0.0	0	0.1	2
Fish and Chips	1146.4	57	66.4	95	12.6	63	132.0	57	7.1	8	37.5	83	15.8	66	2.8	46
Flat Mushroom(V) - Extra	58.6	3	6.0	9	3.7	18	0.2	0	0.1	0	0.9	2	0.7	3	0.1	2
Free Range Fried Egg (V) - Extra	156.1	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	16	0.0	0	0.2	4
Freshly Battered Fish and Chips	1461.1	73	71.3	102	21.9	109	120.7	52	7.4	8	76.6	170	15.6	65	3.3	55
Fries (V) - Bowl	450.6	23	18.6	27	7.8	39	61.2	27	8.0	9	4.8	11	5.8	24	0.6	9
Fries (V) - Bucket	901.3	45	37.3	53	15.7	78	122.3	53	16.0	18	9.6	21	11.6	48	1.1	18
Fries with Cheese (V) - Bowl	565.4	28	28.3	40	13.9	70	61.2	27	8.0	9	11.8	26	5.8	24	1.1	18
Gammon Steak 10oz	1159.4	58	53.5	76	17.3	87	67.3	29	4.6	5	94.7	210	12.4	52	8.4	140

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Garlic Bread (V)	283.2	14	16.1	23	4.1	21	28.6	12	1.5	2	5.0	11	2.2	9	0.7	12
Garlic Bread (V) - Bucket	849.7	42	48.3	69	12.3	62	85.7	37	4.6	5	15.0	33	6.5	27	2.1	35
Gold Rush Choco-Nut Stack (V)	1002.9	50	50.0	71	22.3	112	126.3	55	104.4	116	13.3	30	5.0	21	0.8	13
Golden Breaded Mushrooms (V)	406.6	20	17.3	25	10.7	54	49.4	21	11.1	12	11.1	25	7.4	31	2.6	43
Golden Scampi	1046.8	52	47.1	67	14.7	73	116.9	51	12.7	14	30.6	68	17.6	73	4.1	68
Gravy - Extra Jug of	23.7	1	0.9	1	0.6	3	3.8	2	0.1	0	0.1	0	0.1	0	0.5	8
Grilled Half Tomato (V) - Extra	10.1	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
Hand Cut Potato Wedges For One (V)	297.7	15	9.7	14	2.9	14	49.1	21	8.5	9	5.3	12	4.3	18	0.4	6
Hash Browns (V) - Extra	109.4	5	6.1	9	1.2	6	12.0	5	0.1	0	1.1	2	1.3	6	0.3	4
Herb Diced Potatoes (V) - Bowl	492.1	25	20.5	29	4.4	22	68.4	30	8.9	10	5.5	12	6.0	25	1.4	23
Herb Diced Potatoes (V) - Bucket	984.1	49	41.0	59	8.8	44	136.9	60	17.8	20	11.0	24	12.1	50	2.7	46
Hickory BBQ Melt	823.0	41	35.1	50	12.8	64	86.3	38	12.1	13	38.0	85	5.0	21	2.4	40
Hickory BBQ Pulled Pork - Extra	231.1	12	13.3	19	5.5	27	8.6	4	8.2	9	18.7	42	0.6	3	0.7	12
Hickory BBQ Pulled Pork Jacket Potato	564.7	28	28.8	41	15.0	75	51.4	22	11.0	12	26.7	59	5.4	23	1.2	20
Hickory BBQ Pulled Pork Nachos For One	696.2	35	34.5	49	11.3	57	67.0	29	16.4	18	25.2	56	5.3	22	3.1	51
Hickory BBQ Pulled Pork Nachos To Share	1392.5	70	69.1	99	22.7	113	133.9	58	32.8	36	50.4	112	10.6	44	6.1	102
Honey Roast Ham and Tomato Baguette	668.4	33	23.1	33	4.3	21	82.0	36	7.6	8	31.4	70	6.0	25	3.6	60
Honey Roast Ham Melt	709.1	35	26.5	38	9.0	45	78.3	34	3.9	4	37.6	83	4.4	18	3.9	65
House Salad (V)	15.8	1	0.3	0	0.1	0	2.6	1	2.4	3	0.7	2	1.2	5	0.0	0
Hunter's Chicken	1001.6	50	51.8	74	24.0	120	67.4	29	12.1	13	73.8	164	9.4	39	4.6	77
Ice Cream Scoop - Extra	86.4	4	4.0	6	2.0	10	11.1	5	11.1	12	1.6	4	0.1	0	0.1	2
Jacket Potato (V) - Extra	232.1	12	6.2	9	3.6	18	41.3	18	1.5	2	5.1	11	4.2	17	0.2	3
Jalapenos (20g) Extra (V)	6.5	0	0.0	0	0.0	0	1.4	1	1.4	2	0.1	0	0.2	1	0.4	6
Jalapenos (50g) - Extra	16.2	1	0.1	0	0.0	0	3.6	2	3.4	4	0.2	0	0.4	2	1.0	16
Junior Sunday Lunch - Cauliflower Cheese Tart (V)	1066.1	53	67.3	96	19.0	95	88.0	38	12.1	13	26.0	58	12.5	52	3.5	58
Junior Sunday Lunch - Chicken	763.9	38	34.7	50	8.5	42	77.7	34	16.6	18	33.6	75	10.8	45	3.8	63
Junior Sunday Lunch - Roast Beef	812.9	41	46.9	67	12.9	64	58.7	26	12.6	14	37.8	84	9.7	41	3.3	55
Junior Sunday Lunch - Roast Pork	846.0	42	45.9	66	12.4	62	77.0	33	15.2	17	29.7	66	10.7	45	3.3	56
Junior Sunday Lunch - Roast Turkey	791.5	40	34.3	49	8.6	43	76.9	33	16.1	18	42.5	94	10.4	43	3.4	57
LB Breaded Plaice and Chips	774.5	39	20.3	29	5.5	28	104.0	45	8.3	9	37.6	83	13.7	57	2.1	35

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
LB Cauliflower Cheese Tart (V)	851.1	43	46.9	67	15.6	78	78.0	34	8.7	10	23.6	52	11.7	49	2.0	33
LB Gammon Steak - 5oz	759.3	38	38.2	55	11.4	57	43.8	19	4.3	5	54.5	121	9.5	39	4.4	73
LB Ham, Egg and Chips	692.2	35	43.9	63	11.0	55	34.6	15	1.1	1	36.6	81	4.2	18	2.8	47
LB Hunter's Chicken	610.9	31	29.7	42	13.2	66	44.5	19	10.4	12	37.6	84	5.7	24	2.7	44
Mashed Potato 227g (V) - Side Order	245.0	12	9.2	13	5.9	30	34.1	15	2.3	3	3.4	8	4.5	19	0.7	12
Mega Brunch	2005.0	100	132.1	189	41.8	209	101.4	44	11.4	13	94.0	209	17.2	72	11.5	191
Millionaires Choc-Chip Cookie (V)	816.2	41	33.8	48	19.7	98	117.9	51	96.2	107	10.0	22	3.6	15	0.7	12
Mixed Grill	1471.8	74	74.4	106	22.3	112	78.3	34	6.3	7	115.9	257	11.1	46	6.9	116
Naan Bread (V)	174.2	9	4.0	6	0.4	2	28.7	12	1.4	2	4.7	11	2.2	9	0.4	7
Nachos (V) For One	700.7	35	41.7	60	17.9	90	57.2	25	5.8	6	20.7	46	5.2	22	3.7	61
Nachos (V) Lunch Club Starter	350.3	18	20.9	30	9.0	45	28.6	12	2.9	3	10.3	23	2.6	11	1.8	31
Nachos (V) To Share	1417.2	71	83.5	119	35.9	179	117.9	51	14.9	17	41.5	92	10.9	45	8.3	138
Onion Rings For One (V) - Bowl	492.4	25	27.6	39	5.6	28	55.3	24	14.4	16	5.5	12	5.1	21	2.1	35
Onion Rings To Share (V) - Bucket	984.8	49	55.1	79	11.2	56	110.6	48	28.9	32	10.9	24	10.3	43	4.2	71
Peppercorn Sauce	71.3	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
Peshwari Chicken	915.2	46	27.9	40	10.2	51	122.1	53	27.9	31	41.5	92	8.9	37	4.9	82
Pineapple - Extra	28.9	1	0.0	0	0.0	0	7.5	3	7.5	8	0.2	0	0.3	1	0.0	0
Pizza Burger (V)	817.4	41	32.7	47	12.9	64	101.4	44	15.7	17	23.7	53	10.5	44	3.0	50
Pizza Burger (V) - Extra	246.6	12	13.9	20	6.6	33	19.5	8	7.7	9	10.5	23	2.1	9	1.6	26
Plain and Simple Ice Cream (V)	259.1	13	11.9	17	5.9	30	33.2	14	33.2	37	4.8	11	0.3	1	0.3	6
Plain Jacket Potato (V)	293.3	15	12.1	17	7.3	37	43.2	19	3.0	3	5.8	13	4.8	20	0.3	5
Poppadum - Extra (V)	37.5	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
Poppadums and Dips (V)	194.8	10	0.6	1	0.2	1	39.0	17	13.5	15	8.1	18	1.0	4	2.4	39
Prawn Cocktail	433.8	22	28.1	40	8.9	44	25.7	11	6.5	7	19.9	44	2.8	12	2.2	36
Prawn Marie Rose Baguette	744.2	37	32.9	47	3.6	18	84.8	37	9.7	11	25.3	56	5.2	22	2.8	46
Roast Beef Baguette	821.9	41	32.1	46	8.1	41	87.4	38	9.6	11	42.8	95	5.5	23	4.0	67
Roast Beef Baguette	763.4	38	28.6	41	7.7	38	81.7	36	4.2	5	42.3	94	5.4	22	2.8	47
Roast Potatoes (V) - Bowl Of	492.3	25	30.6	44	3.5	18	48.0	21	1.0	1	3.6	8	5.9	25	3.0	50
Roasted Chicken Fillet - Extra	197.3	10	3.7	5	0.9	4	0.9	0	0.9	1	40.8	91	0.9	4	1.2	19
Rump Steak - 16oz	1517.5	76	61.3	88	21.1	105	79.8	35	7.6	8	154.4	343	13.8	58	2.7	44
Rump Steak - 8oz	1117.4	56	48.0	69	15.4	77	79.8	35	7.6	8	84.4	188	13.8	58	2.2	37

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Rump Steak and Eggs	1344.3	67	67.2	96	19.3	96	79.1	34	8.0	9	98.4	219	13.6	57	1.7	28
Sauce Sachet (V) - Extra	25.8	1	0.0	0	0.0	0	6.0	3	5.9	7	0.2	1	0.2	1	0.6	9
Sausage - Extra	153.8	8	11.0	16	3.7	18	5.5	2	0.6	1	7.0	16	0.8	3	0.9	15
Sautéed Mushrooms (V) - Side Order	54.4	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
Sauteed Onions (V) - Add on	102.9	5	9.3	13	1.1	5	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
Scampi - Extra	170.8	9	9.3	13	2.9	14	15.5	7	3.0	3	6.2	14	2.2	9	1.2	19
Side Combo (V)	391.6	20	21.4	31	7.5	37	41.3	18	3.8	4	7.6	17	4.9	21	1.7	28
Sirloin Steak - 8oz	1192.4	60	62.9	90	22.3	112	79.3	34	7.6	8	69.7	155	13.6	57	1.4	24
Sliced Red Jalapenos (V) 56g	18.1	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
Smoked Cheddar & Sweet Red Pepper Pasta (V)	862.0	43	33.2	47	12.9	64	112.5	49	13.6	15	33.6	75	4.0	17	3.1	52
Soup of the Day (V) / Lunch Club Starter	358.6	18	17.3	25	8.3	41	42.6	19	10.3	11	7.4	16	4.1	17	1.0	16
Steak and Marston's Ale Pie	1177.6	59	53.0	76	21.6	108	136.7	59	7.6	8	27.5	61	14.3	59	2.1	35
Sunday Lunch - Cauliflower Cheese Tart (V)	1392.8	70	82.3	118	23.7	118	127.8	56	18.1	20	31.9	71	21.6	90	4.8	79
Sunday Lunch - Extra Meat	208.1	10	11.8	17	4.7	23	0.1	0	0.0	0	25.5	57	0.0	0	0.3	5
Sunday Lunch - Roast Beef	1425.7	71	74.5	106	22.5	113	113.6	49	18.9	21	71.1	158	19.6	82	6.4	106
Sunday Lunch - Roast Chicken	1658.9	83	88.6	127	24.9	124	117.0	51	22.4	25	94.7	210	21.1	88	6.8	114
Sunday Lunch - Roast Pork	1358.0	68	74.4	106	21.4	107	116.9	51	21.2	24	51.5	114	20.3	84	4.7	79
Sunday Lunch - Roast Turkey	1249.5	62	51.1	73	14.0	70	116.7	51	22.1	25	76.9	171	19.5	81	4.9	82
Swap Crisps to Chips (V)	15.5	1	0.6	1	0.2	1	2.0	1	0.0	0	0.2	1	0.2	1	0.0	0
Swap Crisps to Fries (V)	18.3	1	0.8	1	0.3	2	2.4	1	0.0	0	0.2	0	0.3	1	0.0	0
Swap Crisps to Onion Rings(V)	19.0	1	1.1	2	0.2	1	2.0	1	0.3	0	0.2	0	0.2	1	0.1	1
Swap Garlic Bread for Chips (V)	130.9	7	5.6	8	2.1	10	16.5	7	0.4	0	2.1	5	2.0	8	0.1	2
Swap Garlic Bread for Fries (V)	174.0	9	8.2	12	3.1	16	21.3	9	0.5	1	2.1	5	2.2	9	0.2	3
Swap Tortillas to Chips/Fries (V)	101.3	5	4.4	6	1.8	9	13.0	6	0.2	0	1.3	3	1.5	6	0.1	1
Taco - Bang Bang Vegetable (V)	1556.3	78	54.0	77	23.6	118	120.4	52	41.4	46	19.0	42	12.8	53	2.9	48
Taco - BBQ Chicken	1507.8	75	48.0	69	22.5	113	104.6	45	33.1	37	37.3	83	10.5	44	2.9	48
Taco - Hickory BBQ Pulled Pork	1591.9	80	58.9	84	27.6	138	102.6	45	31.3	35	36.0	80	10.2	42	2.6	43
Taco Sauce Extra (V) - BBQ Sauce	263.2	13	11.8	17	6.0	30	36.4	16	22.1	25	3.2	7	2.5	11	0.0	0
Taco Sauce Extra (V) - Green Chilli Sauce	263.2	13	11.8	17	6.0	30	36.4	16	22.1	25	3.2	7	2.5	11	0.0	0
Taco Sauce Extra (V) - Thai Sweet Chilli Sauce	263.2	13	11.8	17	6.0	30	36.4	16	22.1	25	3.2	7	2.5	11	0.0	0
Taco Sauce Extra (V) - Tomato Salsa	263.2	13	11.8	17	6.0	30	36.4	16	22.1	25	3.2	7	2.5	11	0.0	0

Recipes with Nutritional GDA

Per serving nutritional values and the percentage of an adult's GDA to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Thai Sweet Chilli Chicken Wings - Bowl	1060.7	53	67.0	96	17.2	86	33.4	15	24.6	27	80.5	179	2.6	11	5.2	86
Thai Sweet Chilli Chicken Wings - Bucket	2121.3	106	134.0	191	34.4	172	66.8	29	49.1	55	161.1	358	5.2	22	10.3	172
The American Combo - To Share	2108.0	105	127.5	182	38.2	191	146.5	64	20.1	22	92.9	206	16.3	68	7.7	129
The Cowboy Burger	1234.3	62	65.3	93	28.6	143	89.7	39	7.7	9	66.5	148	9.1	38	4.9	81
Toast and Butter (V) - Sliced Brown	341.6	17	15.1	22	8.1	41	40.5	18	1.1	1	11.4	25	3.7	16	1.1	18
Triple Layer Cobbler (V)	519.4	26	18.6	27	7.4	37	80.4	35	44.6	50	9.6	21	2.5	10	0.4	6
Tuna Mayonnaise Baguette	790.6	40	38.3	55	4.1	20	79.4	35	5.1	6	30.5	68	5.1	21	2.2	37
Tuna Mayonnaise Jacket Potato	429.4	21	20.4	29	8.0	40	46.1	20	4.2	5	18.0	40	5.3	22	1.2	19
Tuna Mayonnaise Melt	728.6	36	30.1	43	7.9	40	81.0	35	5.3	6	31.8	71	4.9	21	2.6	43
Two Way Thai Chicken Burger	1069.0	53	43.9	63	15.2	76	116.3	51	18.3	20	46.5	103	9.4	39	2.9	48
Under 500 Skinny Steak	511.4	26	23.1	33	6.9	35	4.8	2	4.0	4	71.6	159	2.1	9	1.4	24
Yorkshire Pudding - Side	70.0	4	2.1	3	0.2	1	10.9	5	1.4	2	1.8	4	0.6	3	0.2	3