

## 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	%
VLG LN Cheddar Cheese (V) - Extra	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN Children's Battered Chicken Burger Bar	758.5	38	3185.6	38	24.6	35	8.8	44	299.4	115	14.2	16	35.2	70	13.8	57	2.8	46
VLG LN Children's Beef Burger Bar	627.6	31	2637.4	31	17.9	26	29.3	146	288.5	111	14.0	16	28.8	58	13.3	55	2.7	45
VLG LN Children's Cheesy Pasta Surprise (V)	674.2	34	2830.3	34	22.1	32	8.6	43	98.2	38	18.2	20	21.7	43	13.8	57	2.9	49
VLG LN Children's Chicken Burger Bar	637.2	32	2683.1	32	14.9	21	5.1	25	288.6	111	14.6	16	37.7	75	13.7	57	2.7	45
VLG LN Children's Chicken Dinner	734.0	37	3074.5	37	30.8	44	8.2	41	77.6	30	13.3	15	39.2	78	12.5	52	2.9	49
VLG LN Children's Chicken Tortilla Factory	925.4	46	3889.8	46	29.4	42	13.2	66	116.7	45	28.1	31	47.3	95	16.1	67	4.2	70
VLG LN Children's Chocolate Brownie (V)	355.2	18	1477.3	18	18.9	27	4.4	22	40.9	16	29.4	33	4.7	9	1.5	6	0.4	7
VLG LN Children's Cluck-a-doodle doo Dippers	710.8	36	2968.0	35	35.6	51	10.3	51	75.5	29	11.9	13	23.1	46	11.9	49	2.5	41
VLG LN Children's Corn on the Cob (V)	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
VLG LN Children's Donut Dipper (V)	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
VLG LN Children's Extra - Baked Beans (Ve)	123.0	6	519.0	6	0.6	1	0.2	1	24.6	9	8.0	9	7.7	15	5.6	23	1.3	22
VLG LN Children's Extra - Carrots (Ve)	29.7	1	124.1	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.1	2
VLG LN Children's Extra - Chips (Ve)	245.5	12	1026.7	12	10.7	15	4.3	21	31.1	12	1.5	2	3.9	8	4.5	19	0.1	2
VLG LN Children's Extra - Garlic Bread (Ve)	101.5	5	440.2	5	2.2	3	0.3	2	17.5	7	1.6	2	2.5	5	1.0	4	0.2	3
VLG LN Children's Extra - Mash (V)	201.7	10	842.8	10	10.1	14	6.7	34	24.3	9	0.8	1	2.3	5	1.9	8	0.5	8
VLG LN Children's Extra - Peas (Ve)	59.5	3	249.2	3	0.3	0	0.1	0	7.8	3	2.7	3	4.5	9	4.0	17	0.2	4
VLG LN Children's Extra - Salad Sticks (Ve)	18.7	1	77.2	1	0.3	0	0.1	0	3.6	1	3.3	4	0.6	1	1.9	8	0.1	1
VLG LN Children's Extra - Sweetcorn (Ve)	102.1	5	430.3	5	1.1	2	0.1	0	19.1	7	2.2	2	2.6	5	2.8	12	0.4	7
VLG LN Children's Extra - Waffles (Ve)	138.0	7	576.7	7	6.7	10	0.5	2	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10
VLG LN Children's Garlic Bread (Ve)	163.9	8	705.3	8	2.3	3	0.3	2	31.6	12	15.2	17	3.1	6	1.4	6	1.0	17
VLG LN Children's Ice Cream Sundae (V)	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
VLG LN Children's Jelly	5.8	0	21.9	0	0.0	0	0.0	0	1.2	0	1.2	1	0.0	0	0.0	0	0.2	3
VLG LN Children's Jelly and Ice Cream	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
VLG LN Children's Lemon Drizzle (V)	360.3	18	1514.8	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
VLG LN Children's Milk (V)	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
VLG LN Children's Nachos Starter (V)	209.7	10	878.3	10	10.6	15	3.3	17	21.7	8	1.9	2	5.8	12	1.5	6	1.1	19
VLG LN Children's Orange Boats (Ve)	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
VLG LN Children's Pizza Party (V)	1206.4	60	5034.6	60	63.1	90	36.0	180	107.2	41	13.6	15	57.0	114	11.9	50	5.4	90
VLG LN Children's Pizza Topping - Ham	109.5	5	461.3	5	3.7	5	1.5	8	0.2	0	0.2	0	19.0	38	0.1	0	2.7	45
VLG LN Children's Pizza Topping - Mixed Peppers (Ve)	12.8	1	53.6	1	0.2	0	0.0	0	2.6	1	2.4	3	0.4	1	0.9	4	0.0	0

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VLG LN Children's Pizza Topping - Mushroom (Ve)	6.5	0	27.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
VLG LN Children's Pizza Topping - Pineapple (Ve)	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
VLG LN Children's Pizza Topping - Red Onion (Ve)	18.0	1	75.0	1	0.1	0	0.0	0	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
VLG LN Children's Pizza Topping - Sausage	220.2	11	915.9	11	14.6	21	5.0	25	5.3	2	1.7	2	16.2	32	1.2	5	0.8	13
VLG LN Children's Pizza Topping - Sweetcorn (Ve)	102.1	5	430.3	5	1.1	2	0.1	0	19.1	7	2.2	2	2.6	5	2.8	12	0.4	7
VLG LN Children's Pork Super Sausages	619.4	31	2591.3	31	26.1	37	9.4	47	67.1	26	13.1	15	29.7	59	12.7	53	2.5	42
VLG LN Children's Quorn Super Sausages (V)	528.2	26	2218.3	26	15.2	22	5.0	25	71.8	28	12.4	14	25.5	51	15.4	64	2.7	46
VLG LN Children's Salad Sticks (V)	99.8	5	413.1	5	8.1	12	0.6	3	6.2	2	4.1	5	0.6	1	1.9	8	0.5	8
VLG LN Children's Secret Pasta Ships (V)	653.6	33	2740.9	33	19.4	28	7.6	38	96.1	37	18.2	20	23.1	46	15.0	63	2.6	43
VLG LN Children's Spongebob Chocolate Tub (V)	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
VLG LN Children's Spongebob Strawberry Tub (V)	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
VLG LN Children's Spongebob Vanilla Tub (V)	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
VLG LN Children's Submarine Strips	583.2	29	2445.6	29	19.4	28	5.1	26	78.6	30	12.4	14	24.4	49	12.3	51	2.5	41
VLG LN Children's Surf's Up Fish	779.3	39	3282.3	39	33.0	47	8.4	42	100.5	39	11.4	13	30.4	61	13.6	57	3.3	55
VLG LN Children's Veggie Tortilla Factory (V)	850.4	43	3571.9	43	27.5	39	12.8	64	121.6	47	32.8	36	28.3	57	18.1	75	3.7	62
VLG LN Rasher of Back Bacon - Extra	99.1	5	412.7	5	11.1	16	4.2	21	0.0	0	0.0	0	12.0	24	0.0	0	1.8	30
VLG LN Yorkshire Pudding (V) Fresh - Side	205.3	10	853.0	10	16.0	23	2.6	13	10.8	4	1.1	1	6.0	12	0.5	2	0.2	3