

FOR Local User AUTOMATION

Recipe Name	Energy	Fat	Saturates	Sugars	Salt
004Apple Sauce (tinned)_v22	6.72 kcal / 28.2 kj	<div><div></div>0.02 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>1.62 g per serving</div>	<div><div></div>N/A per serving</div>
004Apple Sauce (tinned)_v3	7.81052 kcal / 32.7763 kj	<div><div></div>0.023 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>1.883 g per serving</div>	<div><div></div>N/A per serving</div>
004Apple Sauce (tinned)_v4	193.14 kcal / 128.76 kj	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>
004Baked Beans_0	121.36396 kcal / 388.59301 kj	<div><div></div>18.253 g per serving</div>	<div><div></div>18.122 g per serving</div>	<div><div></div>14.074 g per serving</div>	<div><div></div>7.653 g per serving</div>
004Baked Beans_1	3120 kcal / 13092 kj	<div><div></div>528 g per serving</div>	<div><div></div>528 g per serving</div>	<div><div></div>340.8 g per serving</div>	<div><div></div>300 g per serving</div>
004Baked Beans_2	312 kcal / 1309.2 kj	<div><div></div>52.8 g per serving</div>	<div><div></div>52.8 g per serving</div>	<div><div></div>34.08 g per serving</div>	<div><div></div>30 g per serving</div>
004Baked Beans_3	N/A / N/A	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>
004Baked Beanss	39 kcal / 163.65 kj	<div><div></div>6.6 g per serving</div>	<div><div></div>6.6 g per serving</div>	<div><div></div>4.26 g per serving</div>	<div><div></div>3.75 g per serving</div>
004Basic Chocolate Sponge	N/A / N/A	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>
004Basic Sponge	6.6 kcal / 217.8 kj	<div><div></div>0.195 g per serving</div>	<div><div></div>0.03 g per serving</div>	<div><div></div>0.225 g per serving</div>	<div><div></div>0.011 g per serving</div>
004Bechamel Sauce	117.66324 kcal / 633.73922 kj	<div><div></div>8.685 g per serving</div>	<div><div></div>2.582 g per serving</div>	<div><div></div>5.563 g per serving</div>	<div><div></div>0.287 g per serving</div>
004Beef Stock (bouillon)	7.02493 kcal / 29.39971 kj	<div><div></div>0.575 g per serving</div>	<div><div></div>0.325 g per serving</div>	<div><div></div>0.025 g per serving</div>	<div><div></div>1.356 g per serving</div>
004Blueberry Muffin (Wrapped)	386.58 kcal / 1617.72 kj	<div><div></div>19.074 g per serving</div>	<div><div></div>1.836 g per serving</div>	<div><div></div>22.134 g per serving</div>	<div><div></div>0.612 g per serving</div>
004Boiled Rice	298.35 kcal / 1248.65 kj	<div><div></div>1.445 g per serving</div>	<div><div></div>0.425 g per serving</div>	<div><div></div>0.425 g per serving</div>	<div><div></div>0.002 g per serving</div>
004Bread (frozen dough)	362.73854 kcal / 1517.79411 kj	<div><div></div>5.9 g per serving</div>	<div><div></div>1.774 g per serving</div>	<div><div></div>2.295 g per serving</div>	<div><div></div>0.184 g per serving</div>
004Chicken Stock (bouillon)	14.99999 kcal / 62.74994 kj	<div><div></div>1.15 g per serving</div>	<div><div></div>0.45 g per serving</div>	<div><div></div>0.4 g per serving</div>	<div><div></div>2.25 g per serving</div>
004Fish Stock (bouillon)	6.99993 kcal / 29.29971 kj	<div><div></div>0.55 g per serving</div>	<div><div></div>0.225 g per serving</div>	<div><div></div>0.013 g per serving</div>	<div><div></div>1.312 g per serving</div>
004Fresh Lemon Curd	348.24408 kcal / 1457.02612 kj	<div><div></div>20.586 g per serving</div>	<div><div></div>12.595 g per serving</div>	<div><div></div>36.442 g per serving</div>	<div><div></div>0.48 g per serving</div>
004Fresh White Breadcrumbs (frz) 10g	124.6117 kcal / 91.01172 kj	<div><div></div>0.132 g per serving</div>	<div><div></div>0.028 g per serving</div>	<div><div></div>0.339 g per serving</div>	<div><div></div>0.111 g per serving</div>
004Fresh White Breadcrumbs (frz) 50g	809.97646 kcal / 591.57647 kj	<div><div></div>0.856 g per serving</div>	<div><div></div>0.184 g per serving</div>	<div><div></div>2.202 g per serving</div>	<div><div></div>0.722 g per serving</div>
004German Shortcrust Pastry (fresh)007	367.29874 kcal / 5340.49064 kj	<div><div></div>29.32 g per serving</div>	<div><div></div>16.815 g per serving</div>	<div><div></div>4.74 g per serving</div>	<div><div></div>0.8 g per serving</div>

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004Gravy (mix)	1.4 kcal / 5.83999 kj	<div><div></div>0.056 g per serving</div>	<div><div></div>0.036 g per serving</div>	<div><div></div>0.044 g per serving</div>	<div><div></div>0.02 g per serving</div>
004Grilled Back Bacon	134 kcal / 560.5 kj	<div><div></div>14.5 g per serving</div>	<div><div></div>7.65 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>1.925 g per serving</div>
004Hash Brown, triangle (frz)	119.2 kcal / 498.4 kj	<div><div></div>5.36 g per serving</div>	<div><div></div>2.68 g per serving</div>	<div><div></div>0.48 g per serving</div>	<div><div></div>N/A per serving</div>
004Jam Sauce	255.99979 kcal / 1070.9991 kj	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>53.9 g per serving</div>	<div><div></div>N/A per serving</div>
004Jerk Paste Marinade	104.25285 kcal / 436.26749 kj	<div><div></div>6.965 g per serving</div>	<div><div></div>1.237 g per serving</div>	<div><div></div>4.548 g per serving</div>	<div><div></div>1.029 g per serving</div>
004Kellogs Special K Cereal Bar	94.3 kcal / 394.45 kj	<div><div></div>1.61 g per serving</div>	<div><div></div>0.69 g per serving</div>	<div><div></div>5.98 g per serving</div>	<div><div></div>0.184 g per serving</div>
004Mango Chutney & Lime Pickle (bulk)	118.5 kcal / 496 kj	<div><div></div>0.1 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>25.3 g per serving</div>	<div><div></div>1.263 g per serving</div>
004Muller Fruit Corner Bberry Yoghurt 175g E2E1	185.5 kcal / 777 kj	<div><div></div>6.65 g per serving</div>	<div><div></div>4.2 g per serving</div>	<div><div></div>23.1 g per serving</div>	<div><div></div>0.438 g per serving</div>
004Orange Juice (200ml)	96 kcal / 402 kj	<div><div></div>1 g per serving</div>	<div><div></div>0.2 g per serving</div>	<div><div></div>22 g per serving</div>	<div><div></div>N/A per serving</div>
004Pork Sausage 8's	110.9091 kcal / 464.09096 kj	<div><div></div>7.955 g per serving</div>	<div><div></div>3.091 g per serving</div>	<div><div></div>0.318 g per serving</div>	<div><div></div>1.216 g per serving</div>
004River Rock Still Water Pet	0 kcal / 0 kj	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>N/A per serving</div>
004Roast Chicken Breast	246.14948 kcal / 1029.5228 kj	<div><div></div>10.095 g per serving</div>	<div><div></div>1.95 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>0.219 g per serving</div>
004Sweet Pastry (fresh)	N/A / 66 kj	<div><div></div>44 g per serving</div>	<div><div></div>44 g per serving</div>	<div><div></div>70 g per serving</div>	<div><div></div>25 g per serving</div>
004Tartare Sauce (bulk)	84 kcal / 351.6 kj	<div><div></div>6.9 g per serving</div>	<div><div></div>0.63 g per serving</div>	<div><div></div>4.2 g per serving</div>	<div><div></div>0.975 g per serving</div>
004Tartare Sauce Portion	28.08 kcal / 117.45 kj	<div><div></div>2.547 g per serving</div>	<div><div></div>0.189 g per serving</div>	<div><div></div>0.972 g per serving</div>	<div><div></div>0.203 g per serving</div>
004Tayto Cheese & Onion Crisps	190.92 kcal / 798.83 kj	<div><div></div>12.691 g per serving</div>	<div><div></div>1.443 g per serving</div>	<div><div></div>0.222 g per serving</div>	<div><div></div>0.001 g per serving</div>
004Tracker Roasted Nut Cereal Bar	180.93 kcal / 757.02 kj	<div><div></div>9.324 g per serving</div>	<div><div></div>3.515 g per serving</div>	<div><div></div>10.36 g per serving</div>	<div><div></div>0.157 g per serving</div>
004Vegetable Stock (bouillon)	19.19999 kcal / 80.34992 kj	<div><div></div>1.085 g per serving</div>	<div><div></div>0.555 g per serving</div>	<div><div></div>0.85 g per serving</div>	<div><div></div>1.242 g per serving</div>
004Vegetable Stock (gran bouillon)	5.64829 kcal / 23.63751 kj	<div><div></div>0.319 g per serving</div>	<div><div></div>0.163 g per serving</div>	<div><div></div>0.25 g per serving</div>	<div><div></div>0.366 g per serving</div>
004White Floured Bap 5" (frz)	220.9 kcal / 924.02 kj	<div><div></div>2.632 g per serving</div>	<div><div></div>0.47 g per serving</div>	<div><div></div>2.914 g per serving</div>	<div><div></div>0.47 g per serving</div>
004Wholemeal Pastry (fresh)	278.75967 kcal / 1166.32861 kj	<div><div></div>14.582 g per serving</div>	<div><div></div>4.14 g per serving</div>	<div><div></div>1.081 g per serving</div>	<div><div></div>0.325 g per serving</div>