

Meda

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_100	621.13602 kcal / 2505.825 kj	<div><div></div>103.211 g per serving</div>	<div><div></div>103.102 g per serving</div>	<div><div></div>68.528 g per serving</div>	<div><div></div>56.377 g 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_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 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>
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>
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>
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>
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>
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>
703Coronation Chicken Sandwich Filling (50g)	170.53204 kcal / 713.75352 kj	<div><div></div>9.596 g per serving</div>	<div><div></div>0.52 g per serving</div>	<div><div></div>7.065 g per serving</div>	<div><div></div>0.944 g per serving</div>
703Houmus Sandwich Filling (50g)	333.03612 kcal / 1393.23872 kj	<div><div></div>11.76 g per serving</div>	<div><div></div>1.907 g per serving</div>	<div><div></div>3.051 g per serving</div>	<div><div></div>0.499 g per serving</div>
703Reggae Raggaе Mayonnaise	81.89992 kcal / 342.64966 kj	<div><div></div>7.04 g per serving</div>	<div><div></div>N/A per serving</div>	<div><div></div>4.12 g per serving</div>	<div><div></div>0.666 g per serving</div>
724Beef Bolognaise	625.72171 kcal / 2617.90218 kj	<div><div></div>30.81 g per serving</div>	<div><div></div>8.513 g per serving</div>	<div><div></div>19.682 g per serving</div>	<div><div></div>1.866 g per serving</div>

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724Custard Sauce (powder, fresh milk)	102.32465 kcal / 427.72354 kj	<div><div></div>1.715 g per serving</div>	<div><div></div>1.077 g per serving</div>	<div><div></div>12.211 g per serving</div>	<div><div></div>0.139 g per serving</div>
724Fresh Choux Pastry (liquid eggs)	91.69947 kcal / 542.16708 kj	<div><div></div>8.302 g per serving</div>	<div><div></div>1.855 g per serving</div>	<div><div></div>0.737 g per serving</div>	<div><div></div>0.22 g per serving</div>
724Gourmet Beef Burger 6oz	350.05667 kcal / 1206.27284 kj	<div><div></div>14.886 g per serving</div>	<div><div></div>5.657 g per serving</div>	<div><div></div>2.421 g per serving</div>	<div><div></div>0.619 g per serving</div>
724Gourmet Chicken Burger	253.19138 kcal / 801.96147 kj	<div><div></div>2.839 g per serving</div>	<div><div></div>0.771 g per serving</div>	<div><div></div>2.418 g per serving</div>	<div><div></div>0.411 g per serving</div>
724Pepper & Garlic Coated Beef	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>
Copy of 004Sweet Pastry (fresh) 2	77 kcal / 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>