

Go Figure - Nutrition Information

Recipe Long Name	Per 100g						Per portion							
	Ptn size	Kcals	KJ	Kcals	KJ	RI	Total fat (g)	RI	Sat fat (g)	RI	Sugars (g)	RI	Salt (g)	RI
Super Food Steamed Salmon Salad	216	197	826	424	1782	21%	23.9	34%	3.1	15%	6.2	7%	0.58	10%
Moroccan Chicken Thigh Skewer with Kobez, Cabbage Salad & Baba Ganoush	332	95	400	316	1329	16%	14.5	21%	2.8	14%	8.5	9%	0.87	15%
Kobhez Bread	15	286	1201	43	180	2%	0.2	0%	0.0	0%	0.6	1%	0.08	1%
Baba Ganoush	99	62	260	61	257	3%	5.4	8%	0.8	4%	1.9	2%	0.50	8%
Pickled Cabbage	166	20	86	34	143	2%	0.5	1%	0.0	0%	5.4	6%	0.15	3%
Shitake Mushrooms	20	55	231	11	46	1%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Ramen Stock	289	9	38	26	109	1%	0.2	0%	0.0	0%	2.8	3%	2.38	40%
Seared Chicken Breast	83	168	706	140	589	7%	4.0	6%	0.6	3%	0.0	0%	0.41	7%
Egg	25	147	617	37	154	2%	2.7	4%	0.8	4%	0.0	0%	0.09	1%
Ramen Noddle Box	100	152	638	152	638	8%	0.5	1%	0.5	3%	0.8	1%	1.60	27%
Bok Choy	10	13	55	1	5	0%	0.0	0%	0.0	0%	0.1	0%	0.02	0%
Cashew Nuts	10	573	2407	57	241	3%	4.8	7%	0.9	5%	0.5	1%	0.00	0%
Marinated Paneer with Pickled Butternut Squash & Red Rice	276	114	477	313	1315	16%	12.9	18%	4.9	25%	19.3	21%	0.40	7%
Citrus Dressing	41	489	2053	200	840	10%	20.1	29%	2.1	11%	4.0	4%	0.30	5%
Pomegranate Molasses Chicken served with Lentil & Pomegranate Tabbouleh	456	93	390	423	1779	21%	16.4	23%	2.3	11%	12.3	14%	0.87	14%
Tandoori Cod Loin with Spiced Red Lentils	448	93	392	418	1754	21%	13.0	19%	5.2	26%	3.1	3%	0.99	16%
Lentil & Pomegranate Tabbouleh	319	52	216	164	690	8%	4.9	7%	0.7	3%	8.6	10%	0.39	7%
Spiced Red Lentils	264	83	348	219	920	11%	8.6	12%	4.2	21%	1.9	2%	0.33	6%
Bavette Steak & Caponata	486	52	218	252	1060	13%	12.3	18%	2.8	14%	16.8	19%	3.08	51%
Asian Chicken Salad	456	100	419	455	1910	23%	17.8	25%	3.8	19%	10.3	11%	3.01	50%
Cacciucco (Italian Fish Stew)	526	104	436	546	2293	27%	5.2	7%	0.8	4%	6.5	7%	5.50	92%
Asian Pulled Chicken	131	118	494	154	646	8%	7.3	10%	2.0	10%	5.7	6%	2.53	42%
Asian Dressing	22	237	997	52	219	3%	5.1	7%	0.7	4%	1.2	1%	0.25	4%
Toor Dhal	568	66	277	375	1574	19%	12.5	18%	7.2	36%	9.0	10%	0.39	6%
Curry Leaf & Cabbage Salad	239	55	231	132	553	7%	10.0	14%	5.2	26%	6.0	7%	0.34	6%
Moroccan Chickpea Salad <500cal	210	102	426	213	894	11%	9.9	14%	1.1	5%	17.1	19%	0.65	11%
Moroccan Chicken <500cal	133	171	717	227	955	11%	5.9	8%	1.0	5%	2.1	2%	0.47	8%
Thai Green Curry <500cal	248	98	411	242	1018	12%	11.1	16%	1.5	7%	5.1	6%	0.92	15%
Cauliflower Rice	120	28	118	34	141	2%	1.1	2%	0.2	1%	2.2	2%	0.01	0%
Korean Coleslaw	119	48	204	58	242	3%	3.9	6%	0.6	3%	3.5	4%	0.86	14%
Teriyaki Beef Skewers on Brown Rice Salad	440	104	438	458	1925	23%	11.7	17%	4.8	24%	14.6	16%	1.89	31%
Cajun Chicken Breast with Black Eyed Pea Salad & Guacamole	371	126	527	466	1958	23%	15.6	22%	3.5	17%	3.5	4%	0.20	3%
Pistou Tortilla with Sour Dough & Rocket Salad	316	150	629	472	1984	24%	19.2	27%	7.2	36%	5.7	6%	1.66	28%