

Herbivore - 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
Vegetarian Artichoke Tagliatelle	578	124	523	719	3020	36%	19.4	28%	8.6	43%	8.4	9%	0.53	9%
Vegetarian Barley Risotto With Greens	748	127	532	947	3979	47%	12.9	18%	3.7	19%	7.7	9%	3.95	66%
Vegetarian Beet Bourguignon	627	85	355	530	2225	26%	6.9	10%	0.6	3%	15.4	17%	2.18	36%
Vegetarian Beetroot Burger	472	148	624	701	2943	35%	20.2	29%	3.7	18%	8.1	9%	1.70	28%
Vegetarian Black Bean Chilli	563	64	268	360	1511	18%	8.0	11%	2.4	12%	14.6	16%	0.57	10%
Vegetarian Broad Bean Risotto	658	134	561	879	3692	44%	46.4	66%	7.4	37%	6.0	7%	1.68	28%
Vegetarian Butternut Squash Cannelloni	364	114	478	414	1740	21%	26.1	37%	9.6	48%	11.0	12%	1.79	30%
Vegetarian Chana Dhal Kofta	337	112	470	377	1583	19%	14.3	20%	2.5	13%	5.1	6%	0.52	9%
Vegetarian Curried Scotch Egg	391	85	357	333	1397	17%	18.5	26%	3.7	19%	5.4	6%	0.85	14%
Vegetarian Eggplant Stroganoff	696	100	419	695	2917	35%	43.9	63%	19.7	98%	11.8	13%	1.62	27%
Vegetarian Goats Cheese Lasagne	342	63	264	215	901	11%	11.9	17%	4.6	23%	10.7	12%	0.55	9%
Vegetarian Goats Cheese Polenta	293	259	1088	759	3189	38%	27.3	39%	9.8	49%	4.5	5%	1.43	24%
Vegetarian Greens Kedgeree	447	106	445	474	1990	24%	13.3	19%	2.7	13%	3.7	4%	0.35	6%
Vegetarian Grilled Polenta	582	101	425	589	2472	29%	18.1	26%	3.6	18%	9.9	11%	1.45	24%
Vegetarian Grilled Vegetable Gyro	521	160	674	836	3511	42%	44.5	64%	17.0	85%	12.7	14%	3.66	61%
Vegetarian Leek & Goat'S Cheese Tart	394	176	738	692	2908	35%	45.7	65%	15.0	75%	8.8	10%	1.45	24%
Vegetarian Leek And Red Onion Frittata	348	106	445	369	1548	18%	25.5	36%	6.1	30%	6.1	7%	1.76	29%
Vegetarian Massaman Curry	471	107	450	504	2118	25%	11.5	16%	1.6	8%	9.4	10%	0.12	2%
Vegetarian Mushroom Rarebit	281	138	580	387	1627	19%	26.0	37%	8.3	41%	0.4	0%	1.28	21%
Vegetarian Pad Thai Noodles	520	96	402	497	2089	25%	18.3	26%	3.4	17%	18.9	21%	3.93	65%
Vegetarian Penne Arrabbiata	696	101	424	701	2946	35%	22.0	31%	4.1	20%	12.1	13%	1.28	21%
Vegetarian Piri Piri Cake	293	228	958	670	2812	33%	21.8	31%	1.9	10%	14.8	16%	1.07	18%
Vegetarian Potato And Celeriac Rosti	246	119	502	294	1234	15%	18.7	27%	6.3	32%	11.2	12%	1.60	27%
Vegetarian Quinoa Falafel With Tahini	248	190	799	472	1981	24%	26.0	37%	4.7	23%	5.3	6%	0.66	11%
Vegetarian Quinoa Salad	533	126	530	673	2827	34%	33.8	48%	4.3	22%	7.8	9%	1.02	17%
Vegetarian Quorn & Bean Wrap	732	94	395	689	2892	34%	25.3	36%	5.6	28%	21.6	24%	2.83	47%
Vegetarian Red Bean Creole	451	97	407	437	1837	22%	8.4	12%	1.2	6%	5.9	7%	2.12	35%
Vegetarian Red Lentil Moussaka	826	85	356	700	2942	35%	28.7	41%	13.3	67%	19.3	21%	1.83	31%
Vegetarian Red Quinoa & Feta Salad	361	222	934	801	3366	40%	20.7	30%	6.4	32%	13.1	15%	1.44	24%
Vegetarian Soba Noodles & Asian Greens	386	87	367	337	1417	17%	18.1	26%	2.7	14%	12.6	14%	3.00	50%
Vegetarian Spinach & Ricotta Filo Tart	455	108	452	489	2055	24%	27.8	40%	11.8	59%	14.6	16%	1.78	30%
Vegetarian Spinach Calzone	341	174	731	593	2489	30%	13.2	19%	6.7	33%	7.3	8%	0.69	11%
Vegetarian Squash & Pinenut Linguine	506	140	589	711	2985	36%	41.4	59%	15.0	75%	8.9	10%	1.15	19%
Vegetarian Sweet Potato Curry	643	95	401	614	2579	31%	17.1	24%	10.4	52%	18.1	20%	0.59	10%
Vegetarian Sweet Potato Quesidilla	434	131	550	568	2385	28%	23.5	34%	10.0	50%	14.7	16%	1.72	29%
Vegetarian Thai Spiced Potato Cakes	372	60	252	223	937	11%	6.1	9%	0.8	4%	6.2	7%	0.39	6%
Vegetarian Tofu Parmigiana	453	87	366	394	1654	20%	22.2	32%	7.0	35%	10.8	12%	1.34	22%
Vegetarian Tofu Tagine	381	145	609	552	2320	28%	20.9	30%	1.7	9%	29.7	33%	0.89	15%
Vegetarian Gnocchi Primavera	511	101	423	514	2159	26%	23.4	33%	12.5	63%	9.0	10%	1.93	32%
Vegatarian Spanish Tortilla With A Green Bean & Piquillo Salad	237	137	575	325	1363	16%	24.4	35%	3.9	19%	3.2	4%	0.71	12%
Vegatarian Vietnamese Pancakes With Raw Vegetable Salad	321	153	643	492	2067	25%	29.7	42%	11.3	56%	11.3	13%	1.53	25%
Vegatarian Lentil, Butternut Squash & Spring Green Galette	389	149	628	582	2444	29%	31.5	45%	12.9	64%	8.8	10%	1.46	24%
Vegatarian Leek & Oat Pancake With Poached Egg	199	165	693	327	1375	16%	18.2	26%	3.5	18%	4.2	5%	0.61	10%
Vegatarian Spiced Swede Fritter With Crispy Egg & Kachumber	359	86	362	310	1300	15%	19.3	28%	6.1	30%	9.8	11%	0.66	11%