

## Nutritional Information Recipe List (values per 100g)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Aglio olio Peperoncini Sauce	84.4	353.6	3.4	2.0	1.0	0.2	9.0	0.1	4.3	6.0	2.0	431.1
Alfredo Sauce	166.9	598.3	14.5	7.9	3.1	0.4	6.2	0.0	0.2	3.3	0.1	238.9
Bolobnese Sauce	149.6	606.3	7.5	4.2	2.4	0.4	5.7	0.1	2.3	15.0	1.0	382.9
Bolognese Sauce	199.6	820.2	14.6	8.8	4.4	0.6	5.0	0.0	1.7	12.5	0.7	327.3
Canadian Pizza	325.7	1370.9	16.6	6.5	5.0	0.9	31.7	-	2.0	13.9	1.6	597.9
Carbonara Sauce	212.7	820.4	18.8	8.4	6.0	1.3	5.3	0.0	0.2	5.6	0.2	324.2
Cheese pizza	276.4	1164.3	9.8	4.2	2.0	0.2	39.3	-	4.1	10.7	2.3	321.8
Chefs special sauce	121.0	505.7	4.2	2.3	2.0	0.4	6.5	0.0	0.5	6.0	0.6	35.6
Hawaiian Pizza	309.7	1304.7	14.2	5.8	3.8	0.6	35.2	-	2.9	12.2	1.8	471.8
Linguine with Aglio olio peperoncini sauce	129.3	548.1	2.3	0.9	0.6	0.3	22.7	18.5	2.1	6.3	2.3	181.4
Linguine with Alfredo Sauce	162.2	645.6	6.7	3.3	1.4	0.4	21.6	18.5	0.4	5.3	1.6	104.8
Linguine with arrabiata sauce	120.2	510.2	1.2	0.2	0.2	0.3	24.6	18.5	2.2	5.2	3.3	115.1
Linguine with Bolognese Sauce	180.2	752.0	8.4	4.7	2.4	0.5	17.8	14.6	1.2	9.7	1.6	179.0
Linguine with Carbonara sauce	180.4	734.2	8.4	3.5	2.6	0.7	21.3	18.5	0.4	6.2	1.6	138.8
Linguine with Chef's special sauce	143.9	608.7	2.6	1.1	1.0	0.4	21.7	18.5	0.6	6.4	1.8	23.8
Linguine with Manager's creation	150.5	407.2	3.8	1.2	1.5	0.6	24.3	18.5	0.4	6.3	2.6	121.5
Linguine with Marinara sauce	111.7	474.8	1.0	0.2	0.2	0.3	22.9	18.5	2.2	4.7	2.4	127.8
Linguine with Meat sauce	127.2	529.4	1.8	0.5	0.5	0.3	21.6	18.5	1.4	7.6	2.0	48.0
Linguine with Pesto sauce	170.4	723.4	2.2	0.3	0.6	0.6	34.1	27.3	0.7	7.2	5.2	17.4
Linguine with Pizzaiola sauce	140.3	593.9	3.4	1.6	0.9	0.3	22.1	18.5	1.9	6.9	2.3	162.5
Linguine with Primavera sauce	152.0	642.8	2.8	1.2	1.1	0.4	23.4	18.5	0.8	5.5	2.1	23.2
Linguine with Salsa rosa	187.4	791.3	9.0	5.1	2.5	0.5	21.4	18.5	1.2	7.0	1.9	162.0
Linguine with Seafood red	127.4	536.9	1.1	0.2	0.2	0.3	25.4	18.8	4.2	6.1	2.7	103.9
Linguine with Seafood white sauce	149.8	633.5	2.8	1.3	1.1	0.4	22.0	18.7	0.7	6.0	1.6	65.4
Linguine with Shrimp sauce	152.7	645.5	2.8	1.2	1.1	0.4	21.3	18.5	0.4	7.6	1.6	40.4
Managers Creation Sauce	113.5	475.0	7.5	2.8	3.3	1.0	7.5	0.1	3.0	5.0	1.6	334.6
Marinara Sauce	40.4	169.5	0.3	0.0	0.0	0.1	9.4	0.1	4.7	1.9	2.2	296.5
Meat Sauce	79.2	306.5	2.2	0.9	0.9	0.2	6.1	0.1	2.6	9.1	1.2	96.3
Pepperoni pizza	299.1	1258.1	13.3	5.4	3.5	0.5	35.2	-	3.7	11.9	2.1	460.4
Pesto sauce	261.9	1094.7	7.8	0.8	3.0	2.9	52.6	0.0	1.6	12.4	26.3	28.9
Pizzaiola sauce	112.0	468.5	6.3	3.6	1.8	0.3	7.6	0.1	3.8	7.4	1.9	383.7
Primavera Sauce	141.5	591.2	4.8	2.6	2.3	0.5	10.7	0.0	1.0	3.9	1.5	34.0
Salsa rosa sauce	230.3	963.9	20.2	12.4	5.8	0.8	5.8	0.0	2.2	7.7	0.9	382.3

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Seafood Red sauce	79.8	325.4	0.6	0.1	0.1	0.2	15.6	0.9	9.6	5.4	2.9	236.5
Seafood Sauce	136.0	567.8	4.9	2.7	2.4	0.4	7.1	0.7	0.7	5.0	0.1	140.0
Shrimp Sauce	143.1	597.9	4.8	2.6	2.2	0.5	5.6	0.0	0.1	9.0	0.1	77.1