

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)
BEEF STIR FRY rice- Teriyaki	169.9	720.0	3.1	1.2	1.4	0.2	27.8	0.1	2.5	6.9	1.4	96.1
Beef stir Noodle	75.8	318.2	1.4	0.4	0.5	0.2	9.8	0.1	1.6	6.6	1.6	27.2
Beef stir Noodle- Orange ginger	78.1	315.7	1.5	0.5	0.4	0.2	10.9	0.1	1.3	5.7	1.4	67.4
Beef stir Noodle- Pineapple curry	79.7	317.3	1.3	0.4	0.4	0.2	11.8	0.1	2.5	5.7	1.4	43.1
Beef stir Noodle- Sweet & sour	82.7	347.1	1.4	0.4	0.5	0.3	12.2	0.1	2.5	5.8	1.4	58.7
Beef stir noodles- Red thai curry	78.1	315.7	1.5	0.5	0.4	0.2	10.9	0.1	1.6	5.7	1.4	67.4
beef stir Noodles- Satay	80.7	318.3	1.6	0.5	1.4	0.9	11.4	1.2	2.0	5.7	1.7	62.1
Beef stir noodles- Spicy Szechuan	116.8	409.7	3.7	1.3	1.6	0.3	14.5	0.1	5.1	6.4	1.4	84.4
Beef Stir Noodles- Teriyaki	81.8	351.2	1.3	0.4	0.4	0.2	12.0	0.1	2.5	5.8	1.4	85.4
Beef stir Rice	156.9	657.0	1.0	0.3	0.4	0.2	29.4	0.1	1.4	7.2	1.6	24.6
Beef stir rice- Orange ginger	144.0	591.3	1.0	0.5	0.3	0.1	26.9	0.1	1.2	6.4	1.4	67.4
Beef stir rice- Pineapple curry	145.6	592.9	0.9	0.3	0.3	0.1	27.7	0.1	2.4	6.4	1.4	43.1
Beef stir rice- Red thai curry	144.0	591.3	1.0	0.5	0.3	0.1	26.9	0.1	1.6	6.4	1.4	67.4
Beef stir rice- Satay	146.6	593.9	1.2	0.4	1.3	0.8	27.3	1.2	1.9	6.5	1.7	62.1
Beef stir rice- Spicy Szechuan	159.3	587.6	1.0	0.3	0.3	0.1	30.4	0.1	5.0	6.7	1.4	80.1
Beef stir Rice- Sweet & sour	148.7	622.6	0.9	0.3	0.4	0.1	28.1	0.1	2.4	6.6	1.4	58.7
Chick Stir Noodles	93.1	389.8	2.4	0.6	0.8	0.6	11.6	0.1	1.5	6.4	1.5	29.2
CHICKEN STIR FRY rice	166.8	697.9	1.9	0.5	0.7	0.5	29.4	0.1	1.4	7.3	1.6	29.2
Chicken STIR FRY rice- Teriyaki	156.6	663.4	1.7	0.5	0.6	0.4	27.9	0.1	2.4	6.6	1.4	89.5
Chicken stir Noodle- Orange ginger	87.0	352.3	2.3	0.7	0.7	0.5	10.9	0.1	1.3	5.8	1.4	71.5
Chicken stir Noodle- Pineapple curry	88.5	353.9	2.1	0.5	0.7	0.5	11.8	0.1	2.5	5.8	1.4	47.3
Chicken stir Noodle- Sweet & sour	92.4	386.8	2.3	0.6	0.8	0.6	11.9	0.1	2.0	6.2	1.5	45.3
Chicken stir noodles- Red thai curry	85.8	345.3	2.3	0.7	0.7	0.5	10.8	0.1	1.7	5.7	1.3	79.4
Chicken stir Noodles- Satay	89.6	354.9	2.4	0.6	1.7	1.2	11.4	1.2	2.0	5.8	1.7	66.3
Chicken stir noodles- Spicy Szechuan	102.3	348.6	2.3	0.6	0.7	0.5	14.5	0.1	5.1	6.1	1.4	84.2
Chicken Stir Noodles- Teriyaki	90.7	387.8	2.1	0.5	0.7	0.5	12.0	0.1	2.5	5.9	1.4	89.5
Chicken stir rice- Orange ginger	152.9	627.9	1.9	0.6	0.6	0.4	26.9	0.1	1.2	6.5	1.4	71.5
Chicken stir rice- Pineapple curry	154.5	629.5	1.7	0.5	0.6	0.4	27.7	0.1	2.4	6.5	1.4	47.3
Chicken stir rice- Red thai curry	152.9	627.9	1.9	0.6	0.6	0.4	26.9	0.1	1.6	6.5	1.4	71.5
Chicken stir rice- Satay	155.5	630.5	2.0	0.6	1.6	1.1	27.3	1.2	1.9	6.6	1.7	66.3
Chicken stir rice- Spicy Szechuan	168.5	627.5	2.0	0.5	0.7	0.5	29.6	0.1	4.9	7.3	1.4	84.5
Chicken stir Rice- Sweet & sour	157.5	659.2	1.8	0.5	0.6	0.4	28.1	0.1	2.4	6.7	1.4	62.8
Shrimp STIR FRY rice	154.0	644.6	0.7	0.1	0.1	0.2	29.6	0.1	1.4	6.8	1.6	38.6
Shrimp STIR FRY rice- Teriyaki	144.2	612.6	0.6	0.1	0.1	0.2	27.9	0.1	2.5	6.1	1.4	104.2

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)
Shrimp stir Noodle	80.3	336.5	1.1	0.2	0.3	0.4	11.8	0.1	1.5	5.9	1.5	38.6
Shrimp stir noodle- Orange ginger	75.6	304.6	1.2	0.4	0.2	0.3	11.1	0.1	1.3	5.3	1.4	79.9
Shrimp stir Noodle- Pineapple curry	77.1	306.2	1.0	0.2	0.2	0.3	11.9	0.1	2.5	5.3	1.4	55.6
Shrimp stir Noodle- Sweet & sour	80.2	336.0	1.1	0.2	0.3	0.3	12.3	0.1	2.5	5.5	1.4	71.2
Shrimp stir noodles- Red thai curry	75.6	304.6	1.2	0.4	0.2	0.3	11.1	0.1	1.6	5.3	1.4	79.9
Shrimp stir Noodles- Satay	78.2	307.3	1.3	0.3	1.2	1.0	11.5	1.2	2.0	5.3	1.7	74.7
Shrimp stir noodles- Spicy Szechuan	90.9	300.9	1.1	0.2	0.2	0.3	14.7	0.1	5.1	5.6	1.4	92.6
Shrimp Stir Noodles- Teriyaki	76.6	328.2	1.0	0.2	0.2	0.3	11.8	0.1	2.4	5.2	1.4	94.0
Shrimp stir Rice	154.0	644.6	0.7	0.1	0.1	0.2	29.6	0.1	1.4	6.8	1.6	38.6
Shrimp stir rice- Orange ginger	141.5	580.2	0.8	0.3	0.1	0.2	27.0	0.1	1.2	6.1	1.4	79.9
Shrimp stir rice- Pineapple curry	143.1	581.8	0.6	0.1	0.1	0.2	27.8	0.1	2.4	6.1	1.4	55.6
Shrimp stir rice- Red thai curry	141.5	580.2	0.8	0.3	0.1	0.2	27.0	0.1	1.6	6.1	1.4	79.9
Shrimp stir rice- Satay	143.1	579.3	0.9	0.2	1.1	0.8	26.7	1.2	1.8	6.5	1.7	76.5
Shrimp stir rice- Spicy Szechuan	156.8	576.5	0.7	0.2	0.1	0.2	30.6	0.1	5.0	6.4	1.4	92.6
Shrimp stir Rice- Sweet & sour	146.1	611.6	0.7	0.1	0.1	0.2	28.2	0.1	2.4	6.2	1.4	71.2
Veg stirfry Noodle - Pineapple curry	71.7	280.3	0.9	0.2	0.2	0.3	14.0	0.1	3.0	2.5	1.6	38.3
Veg stirfry Rice - Pineapple curry	150.0	607.7	0.4	0.1	0.1	0.1	32.9	0.1	2.9	3.4	1.7	38.3
Veg. stirfry Noodle - Orange zesty	69.8	278.4	1.1	0.4	0.2	0.3	13.0	0.1	1.6	2.5	1.6	67.1
Veg. stirfry Noodle - Satay	73.0	281.5	1.2	0.3	1.4	1.0	13.5	1.4	2.3	2.5	2.0	60.9
Veg. stirfry Rice - Orange zesty	148.1	605.8	0.6	0.3	0.1	0.1	31.9	0.1	1.5	3.4	1.7	67.1
Veg. stirfry Rice - Satay	151.3	609.0	0.7	0.2	1.2	0.9	32.4	1.4	2.2	3.4	2.1	60.9
Veg. stirfry Noodle - Teriyaki	74.2	320.5	0.9	0.2	0.2	0.3	14.3	0.1	3.0	2.6	1.6	88.5
Veg. stirfry Noodle - Red thai curry	69.8	278.4	1.1	0.4	0.2	0.3	13.0	0.1	1.9	2.5	1.6	67.1
Veg. stirfry Noodle - Spicy Szechuan	88.0	274.0	1.0	0.2	0.2	0.3	17.3	0.1	6.1	2.8	1.6	82.2
Veg. stirfry Noodle - Sweet & Sour	75.3	315.7	1.0	0.2	0.3	0.3	14.5	0.1	2.9	2.7	1.7	56.7
Veg. stirfry Rice - Teriyaki	152.5	648.0	0.4	0.1	0.1	0.1	33.2	0.1	2.9	3.5	1.7	88.5
Veg. stirfry Rice - Red thai curry	148.1	605.8	0.6	0.3	0.1	0.1	31.9	0.1	1.9	3.4	1.7	67.1
Veg. stirfry Rice - Spicy Szechuan	166.3	601.4	0.5	0.1	0.1	0.1	36.2	0.1	6.0	3.7	1.7	82.2
Veg. stirfry Rice - Sweet & Sour	153.7	643.1	0.5	0.1	0.1	0.1	33.4	0.1	2.8	3.6	1.7	56.7
Vegetarian stirfry - Noodle	74.8	313.3	1.0	0.2	0.3	0.3	14.2	0.1	1.8	2.8	1.9	15.1
Vegetarian stirfry - Rice	164.4	687.7	0.5	0.1	0.1	0.1	35.8	0.1	1.7	3.8	1.9	15.1