

Nutritional Information Recipe List (values per typical serving)

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)
Cantonese Noodle Dish	569.1	2074.5	36.7	4.7	7.1	15.7	56.1	0.1	1.4	8.6	4.8	1145.3
Chinese Chicken Dumpling - with optional Soy sauce	257.4	22.6	11.2	2.8	0.0	0.0	27.1	0.0	4.4	10.7	2.9	1272.7
Chinese Chicken Dumpling - with optional tabasco	252.4	1.9	11.2	2.8	0.0	0.0	26.6	0.0	4.2	9.8	2.8	793.8
Egg rolls	357.8	0.0	5.1	1.3	0.0	0.0	68.1	0.0	20.3	8.9	2.5	703.1
General Tao's chicken	485.7	535.0	19.8	2.1	1.1	2.2	61.5	0.0	26.0	17.2	2.1	1601.6
Ginger Beef and Broccoli	649.0	1955.9	12.8	3.7	5.2	0.8	91.7	0.0	33.8	43.1	8.7	2379.5
Lemon chicken chunks	153.8	212.7	4.2	0.7	1.1	2.0	17.2	0.0	6.9	12.1	0.9	506.2
Mushroom and Tofu in black bean sauce	620.4	2160.2	28.2	3.3	3.5	8.6	65.8	2.5	41.8	36.4	56.2	1956.7
Oriental grilled chicken	828.0	821.6	35.6	4.9	4.6	2.9	49.1	1.4	25.5	78.9	17.7	2778.4
Steamed rice	207.0	865.8	0.4	0.1	0.1	0.1	45.3	0.0	0.1	4.0	0.7	2.8
Sweet and Sour chicken chunks	138.0	146.2	4.1	0.7	1.1	2.0	13.8	0.0	4.8	11.8	0.8	436.7
Szechuan beef with chinese greens	443.4	1602.5	9.8	3.3	4.4	0.7	57.0	1.7	16.4	33.1	6.3	854.5
Vegetable Chow Mein	710.5	2229.3	48.6	5.5	6.7	15.1	62.7	2.4	7.9	12.1	7.4	578.4
Vegetable Fried Rice	341.1	1427.6	7.4	0.7	4.3	2.1	59.9	0.2	2.8	8.2	2.4	1494.1