

Recipe cards nutritional values

Recipe Title	Total Recipe Weight (g)	Number of Portions	Portion Size (g)	Primary School Average Portion Size (g)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Non-Milk Extrinsic Sugars (NMES) (g)	Fat (g)	Saturated Fat (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Calcium (mg)	Iron (mg)	Zinc (mg)
Seeds' Apricot Biscuits	283	20	14	40-50	48	0.7	7.6	2.9	1.8	0.4	0.5	0.02	0.04	26	0	15	11	0.2	0.1
Seeds' Banana Bread	640	12	53	40-50	146	2.5	27.7	9.6	3.5	0.8	1.3	0.19	0.47	46	2	31	72	0.6	0.2
Seeds the Baker	706	12	59	45-65	124	5.1	26.1	0.4	1.2	0.2	2.7	0.25	0.62	0	0	42	65	1.4	0.8
Seeds' Famous Fruit Salad	654	4	164	65-130	63	1.2	14.9	0.9	0.2	0	3.0	0.01	0.02	3	77	24	18	0.5	0.2
Seeds' 5-A-Day Fruit Sticks	575	4	144	N/A	69	1.2	16.5	0	0.2	0	2.8	0.01	0.02	4	51	23	29	0.3	0.2
Seeds' Heart Healthy Apple Spice Muffins	1413	24	59	40-50	106	2.7	22.9	16.3	0.9	0.1	1.1	0.12	0.31	1	0	10	30	0.6	0.5
Seeds' Pockets Full of Goodness	914	2	457	N/A	200	12.9	28.0	0.0	6.1	2.9	5.6	0.37	0.93	587	66	85	250	1.7	1.6
Seeds' Quick Fruity Scones	942	24	39	40-50	111	2.1	20	3.8	3.1	0.7	1.1	0.12	0.30	39	0	28	80	0.5	0.2
Seeds' Easy Peasey Tomatoey Pasta	1663	4	416	80-120	300	9.9	54.5	1.4	6.3	1.3	5.8	0.09	0.22	388	76	123	51	2.0	1.4
Seeds' Vegetable Stir-fry Delight	1479	4	370	40-60	220	12.8	31.0	1.9	5.9	1.3	14.1	0.61	1.51	668	152	133	117	3.5	1.3

