

EDINBURGH CATERING - APRIL 2022/2023 NUTRITIONAL INFORMATION

These figures are to be used as a guide

Dish	Portion Size (g)	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC (g)	Sodium (mg)	Sugar (g)	Protein (g)	Calcium (g)
Mild veggie chilli with nachos	261	321.09	14.4	3.34	26.91	13.38	840.41	6.79	24.91	64.76
Quorn burger in a wholemeal roll	114	194.76	3.46	1.03	27.29	5.37	397.2	2	15.22	64.38
Bubble coated salmon	60	183	10.2	2.58	14.52	0.3	120	0.12	6.84	13.8
Macaroni cheese	215	446.65	11.02	5.86	70.24	0.25	242.23	6.42	21.28	355.2
Pork sausage	60	176.3	14.16	4.98	5.7	0.06	308.4	0.06	6.6	3.6
Quorn Cumberland sausage	60	125.4	5.76	2.46	6	2.52	192	0.78	10.14	17.4
Chicken Kiev	80	214.4	13.52	5.68	8.88	trace	272	0.24	14.88	34.4
Rainbow pasta in a tomato sauce	218	313.37	1.64	0.23	68.51	6.54	24.83	8.84	10.56	75.23
Plant based hot dog in a finger roll	90	198.08	6.82	0.94	22.29	5.42	442.8	2.34	12.54	unknown
Cowboy beans	209	293.65	12.33	4	24.1	9.47	618.86	4.96	20.86	76.9
Crunchy cod goujons	80	154.56	6.72	0.88	12.8	0.56	105.6	1.52	10.4	70.4
Mild three bean chilli in a soft taco with vegan cheese	295	217.11	4.45	2.72	36.18	4.75	734.57	10.4	8.77	77.29
Homemade Scotch lamb kofta in a mild spicy tomato sauce	226	220.19	11.1	4.9	15.68	2.04	118.74	6.22	14.95	109.64

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Plant based kofta in a mild spicy tomato sauce	200	192.4	7.81	4.03	15.53	7.06	333.56	6.45	12.83	37.72
Cook's chicken breast curry	296	195.5	5.09	0.75	21.25	1.69	389.69	11.3	17.67	58.56
Cheese and tomato pizza	80	217.56	7.84	3.3	28.87	2.32	217.54	3.12	9.76	173.57
Crispy Quorn dippers	63	127.89	6.93	1.26	7.56	2.52	210.6	1.26	7.56	18.27
Vegetable samosa	54	117.18	5.02	0.59	16.2	1.89	210.6	1.46	2.75	35.1
Chicken meatballs in a tomato sauce	190	219.42	11.36	2.99	17.39	2.19	332.12	5.82	12.35	65.46
Veggie balls in a tomato sauce	188	210.3	9.68	0.67	16.02	5.19	447.32	1.12	13.47	32.11
Scotch beef mince in gravy	103	153.78	10.23	4.35	2.89	0.45	77.4	1.96	12.63	17.74
Vegetable nuggets	60	136.32	7.08	0.54	14.82	2.46	175.2	1.38	2.1	44.34
Salmon fish finger	60	166.2	6.18	0.6	19.74	0.78	72	0.54	8.1	unknown
Plant based Bolognaise	284	365.61	4.65	0.45	59.35	5.37	666.78	8.75	23.09	46.52
Bubble coated crispy fish	60	114	3.48	0.3	12.96	0.36	192	0.12	6.6	13.8
Plant based sausage swirl	70	171.8	10.74	3.01	10.79	4.06	393.4	1.04	10	15.4
Simon Howie beef burger in a wholemeal roll	114	240.46	9.61	4.16	27.24	2.97	394	1.43	12.41	91.98
Cheese and vegetable quiche	127	197.18	11.2	5.94	14.21	1.15	380.11	2.01	9.77	126.08
BBQ glazed chicken breast	60	67.8	0.66	0.18	0.48	unknown	288	unknown	14.82	unknown
Pasta Arrabbiata	198	341.66	5.76	0.53	67.17	2.97	91.38	7.72	10.47	46.87

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Side's and Vegetables										
Rice	76 cooked	107	0.83	0.24	24.36	2.05	0.76	0.38	1.97	3.04
Potato wedges	80	116	3.04	0.38	21.2	2.4	1.6	1.36	2.32	10.4
Baby potatoes	90	61.2	0.09	0.04	14.46	1.62	2.7	1.17	1.53	5.4
Mashed potatoes	90	67.5	0.18	0	15.57	1.8	5.4	0.54	1.8	4.5
Sauteed potatoes	90	115.56	2.88	0.36	19.26	1.98	28.8	0.18	2.16	unknown
Baby bakers	90	61.2	0.09	0.04	14.46	1.62	2.7	1.17	1.53	5.4
Chips	80	161.6	4.88	1.04	28.48	2.64	154.4	0.32	2.72	13.6
Bombay potatoes	102	113.43	2.03	0.28	19.46	4.49	31.68	2.14	3.34	26.48
Korma sauce	94	55.66	1.57	0.27	9.6	0.92	86.58	5.26	0.9	39.95
Garlic bites	12	41.76	2	1.04	28.48	2.64	154.4	0.32	2.72	13.6
Cherry tomatoes	40	8.8	0.2	0.04	1.44	0.52	1.6	1.44	0.44	4
Sliced peppers	40	9.37	0.11	0.03	1.72	0.63	1.08	1.64	0.36	2.21
Homemade tomato salsa	115	37.66	0.84	0.08	6.5	1.76	69.42	5.16	2.08	19.69
Green beans	40	18	0.24	0.04	1.96	0	92	0.96	2.08	14.8
Peas	40	18	0.24	0.04	1.96	0	92	0.96	2.08	14.8
Sweetcorn	40	31.2	0.68	0.11	5.56	1.24	0.4	3	1.04	1.2
Crusty bread	25	54.25	0.63	0.12	10.5	1.75	100	0.7	2.35	26.5
Beans	80	58.4	0.48	0.08	10	4.12	264	2.24	14.32	36
Carrots	40	8.8	0.16	0.04	1.76	trace	9.2	1.68	0.24	12
Broccoli	40	11.2	0.2	0.05	1.12	1.12	2.4	0.64	11.32	14
Cauliflower	40	11.6	0.36	0.08	1.4	0.76	2.8	0.96	0.76	7.6
Corn cobette	40	31.2	0.68	0.11	5.56	1.24	0.4	3	1.04	1.2
Rainbow rice	114	114.49	0.86	0.16	24.9	1.44	16.58	0.87	3.34	17.55
Cucumber dip	33	13.15	0.28	0.13	1.71	0.09	13.1	1.65	1.09	35.03
Homemade coleslaw	48	57.43	4.77	0.37	3.17	1.25	5.08	2.49	0.64	13.94

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Indian salad	86	35.75	2.3	0.24	2.7	1.11	13.32	2.26	1.24	35.06
Cabbage	40	7.48	0.09	0.02	1	0.97	2.2	1.01	0.66	23.76
Vegetable rice	114	114.49	0.86	0.16	24.9	1.44	16.58	0.87	3.34	17.55
Soup										
Homemade broccoli and pea	276	69.83	1.48	0.3	9.7	2.51	359.23	1.72	3.43	0.04
Homemade lentil	308	120.07	1.55	0.45	16.14	2.99	393.84	6.65	10.5	64.11
Homemade sweet potato	337	90.26	1.23	0.17	19.4	0.43	358.65	8.06	1.47	40.8
Homemade vegetable	240	66.67	1.16	0.13	12.92	1.39	349.32	5.21	1.76	38.4
Homemade cajun spiced	354	77.14	1.8	0.54	14.4	3.02	455.36	8.68	2.32	64.74
Homemade carrot soup	303	67.87	1.86	0.42	12.07	3.31	266.33	5.25	1.24	18.66
Homemade spicy vegetable	240	66.67	1.23	0.17	19.4	0.43	358.65	5.21	1.7	38.4
Homemade vegetable Scotch broth soup	336	234.31	3.41	0.79	39.36	9.69	517.26	6.33	7.76	36.62
Baked potato										
Baked potato	120 cooked	116.4	0.24	0.12	27.12	3.12	2.4	1.68	3	13.2
Baked potato with cheese	160	225.6	6.56	4.08	27.8	3.12	290.4	1.72	12.56	733.2
Baked potato with tuna	168	180.99	2.64	0.39	27.7	3.12	121.07	2.05	13.16	17.61
Baked potato with beans	200	174.4	0.72	0.2	37.12	7.24	266.4	3.92	7.32	49.2
Sandwiches										
Cheese sandwich	105	292.82	12.98	6.81	33.62	5.6	494	2.26	12.6	84.8
Chicken sandwich	125	255.2	6.6	2.63	34.4	5.72	582	2.32	16.8	90
Egg mayo sandwich	147	250.38	7.59	2.59	34.06	5.6	455.45	2.5	13.73	88.5
Tuna mayo sandwich	135	288.59	10	3.5	34.18	5.6	480.67	2.57	17.68	89.21
Vegan cheese sandwich	105	269.2	10.8	6.87	37.8	5.6	526	2.24	7.52	84.8

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Desserts										
Jelly pot	115	12	0.5	0.1	1.2	0	trace	0.1	0.5	unknown
Yogurt (Chilled)	80	76.8	3.12	2.08	8.48	unknown	48	8.24	3.68	140
Yogurt (Ambient)	100	64.67	0.5	0.1	7.6	0.17	63	3.6	2.87	162
Shortbread	11	56.65	3.19	1.92	6.84	0.24	35.31	1.72	0.58	15.18
Cheese chunk	20	82.4	6.88	4.34	0.02	0	134	0.02	5.1	144
Fruit platter	40	13.92	0.04	0	3.3	0.01	0.61	3.3	0.32	4.18
Beetroot brownie	57	223.5	8.45	3.2	32	unknown	230	10	3.55	unknown
Custard	96	62.77	1.57	0.96	9.46	unknown	42.78	4.28	3.18	108