Menu Nutritional Analysis for MANAGED OFFER HOMEBAKES

Filter

Dishes 18 of 1	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		285	11.7	4.5	42.9	19.2	2.7	1.2	0.3
Basic Plain Cookie	65	14.2%	16.7%	22.3%	16.5%	21.3%	5.4%	-	5.8%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	70	328	14.3	6.5	47.4	23.0	3.1	1.4	0.4
Homemade Milk Chocolate Chip Cookie SEC	73		20.4%	32.7%	18.2%	25.5%	6.1%	-	6.4%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	73	327	14.4	6.6	46.4	23.0	3.3	1.9	0.4
Homemade Double Chocolate Chip Cookie SEC	/3		20.6%	33.2%	17.9%	25.5%	6.5%	-	6.2%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	73	327	14.2	5.9	47.6	23.9	3.3	1.2	0.4
Homemade White Chocolate Chip Cookie SEC	/3		20.2%	29.7%	18.3%	26.5%	6.7%	-	6.1%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	70	310	12.4	4.6	46.1	24.8	3.2	1.9	0.3
Homemade Oat & Raisin Cookie SEC	/3	15.5%	17.7%	22.8%	17.7%	27.6%	6.5%	-	4.4%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	74	314	13.5	4.5	42.4	22.6	4.5	3.3	0.1
Flapjack SEC	/4		19.3%	22.6%	16.3%	25.1%	9.0%	-	2.4%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	75	352	19.3	7.4	42.4	12.7	3.3	1.5	0.4
Shortbread SEC	/3		27.6%	37.0%	16.3%	14.1%	6.7%	-	6.6%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	75	351	19.6	7.6	40.8	12.7	3.7	2.3	0.4
Chocolate Shortbread SEC	/3		27.9%	37.8%	15.7%	14.1%	7.4%	-	6.3%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	76	296	13.9	5.3	37.8	31.4	4.1	2.4	0.1
Easy Chocolate Brownie SEC	/0		19.8%	26.7%	14.5%	34.9%	8.2%	-	1.8%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	86	345	16.7	6.3	45.2	29.3	3.8	0.8	0.3
Lemon Drizzle Cake	30	1	23.9%	31.4%	17.4%	32.6%	7.6%	-	5.7%

Dishes 18 of 18	Weight (g)	Energy (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	74		7.2			23.6		8.0	0.6
Jamaican Ginger Cake SEC		11.0%	10.2%	13.6%	13.9%	26.2%	6.3%	-	9.4%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	73	232	11.7	4.4	29.0	17.7	2.7	0.8	0.2
Banana Loaf Traycake SEC	/3	11.6%	16.7%	21.9%	11.2%	19.7%	5.5%	-	3.4%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES	75	300	16.6	6.3	33.6	19.5	4.2	1.4	0.3
Marble Cake	/5		23.7%	31.3%	12.9%	21.7%	8.3%	-	4.6%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		316	12.0	1.4	48.4	22.0	4.8	1.3	0.3
Plain Tulip Muffin SEC	94		17.2%						5.5%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		314	12.3	1.5	46.8	22.0	5.1	2.1	0.3
Chocolate Tulip Muffin SEC	94		17.5%					-	
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		319	12.1	1.4	49.0	22.7	4.8	1.4	0.3
Orange Tulip Muffin SEC	102		17.2%					-	5.5%
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		334	12.4	1.5	52.3	25.5	4.8	1.4	0.3
Lemon Tulip Muffin SEC	100		17.7%					-	
MANAGED OFFER HOMEBAKES \ MANAGED OFFER HOMEBAKES		316	12.3	1.5	47.2	22.4	5.3	2.2	0.3
Chocolate & Courgette Tulip Muffin SEC	110		17.6%						
					20				