

9to5strength - Jamie's Italian Nutrition Tables

Jamie's Italian - Set Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Italian Nachos	486	17	39	3	31	5	2	3
Truffle Tagliatelle	383	8	44	0	20	11	1	1
Fritto Misto	368	10	10	3	35	4	2	1
Tuscan Pate	320	10	14	3	24	15	0	1
Tomato Bruschetta	188	8	15	4	11	6	1	1
Carbonara (L)	855	25	88	3	47	20	3	2
Italian Steak & Fries	785	47	31	4	52	15	3	1
Smoked Salmon Tagliatelle	785	25	92	5	37	19	5	2
Gnocchi Genovese	698	23	75	11	34	10	3	3
Buttermilk-Fried Chicken Burger	678	29	58	9	37	9	1	2
Tagliatelle Bolognese (L)	629	25	93	6	18	5	5	3
Carbonara (S)	467	13	44	1	28	11	1	1
Tagliatelle Bolognese (S)	314	13	46	3	9	2	2	2
Kale Caesar Salad	268	10	12	5	20	6	2	1
Torta Di Nada	612	6	59	41	37	19	2	0
Rich Chocolate Brownie	550	8	64	51	29	16	5	0
Clementine Sorbet	359	1	49	49	0	0	0	3
Affogato	142	3	16	14	8	5	0	0

Jamie's Italian - Nibbles

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Italian Nachos	486	17	39	3	31	5	2	3
Crispy Polenta Chips	452	7	41	1	29	5	2	3
Bread Board	282	7	36	3	12	2	2	1
Garlic Flatbread	256	8	35	2	10	6	1	1
Oozy Cheese Croquettes	175	5	13	1	11	4	0	1
Big Green Olives on Ice	163	1	5	0	16	2	1	1

Jamie's Italian - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Vegetable Antipasti Plate	543	9	23	4	46	10	3	2
Buttermilk Squid	483	15	9	4	44	5	1	1
Creamy Burrata	471	21	5	1	41	19	2	2
Spicy 'Nduja Meatballs	397	12	28	6	28	6	1	2
Tuscan Pate	320	10	14	3	24	15	0	1
Meat Plank	320	15	24	2	18	10	2	2
Margherita Arancini	272	8	42	3	9	3	2	1
Tomato Bruschetta	188	8	15	4	11	6	1	1
Smoked Salmon Bruschetta	177	8	12	0	11	2	1	1

Jamie's Italian - Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Carbonara (L)	855	25	88	3	47	20	3	2
Spaghetti & Meatballs (L)	821	29	102	6	39	9	4	2
Prawn Linguine (L)	708	34	93	6	24	3	5	2
Veggie Tagliatelle Bolognese (L)	651	21	106	7	18	3	6	3
Tagliatelle Bolognese (L)	629	25	93	6	18	5	5	3
Gnocchi Pomodoro (L)	620	17	77	14	26	8	4	3
Jamie's Octopus Ravioli	603	32	34	6	36	6	3	2
Spinach & Ricotta Ravioli	574	23	41	8	35	10	4	1
Wild Mushroom Ravioli	543	24	21	2	43	20	1	4
Jamie's Epic Lasagne	533	25	30	10	33	13	4	2
Carbonara (S)	467	13	44	1	28	11	1	1
Spaghetti & Meatballs (S)	406	14	51	3	19	4	2	1
Prawn Linguine (S)	353	17	46	3	12	2	3	1
Veggie Tagliatelle Bolognese (S)	322	10	54	4	8	1	3	1
Tagliatelle Bolognese (S)	314	13	46	3	9	2	2	2
Gnocchi Pomodoro (S)	310	9	38	7	13	4	2	2

Jamie's Italian - Mains

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jamie's Italian Burger	1037	43	57	11	71	29	1	2
Flash Steak	785	47	31	4	52	15	1	3
Truffled Chicken Under A Brick	699	73	4	2	44	17	0	2
Grilled Chicken Under A Brick	599	70	2	1	35	5	1	1
British Trout	561	45	8	6	39	6	2	2
Veggie Quinoa & Kale Burger	558	21	53	20	27	7	3	2
Sirlon Steak	522	53	1	0	34	12	1	0
Super Food Salad (L)	481	15	40	9	29	5	7	0
Kale Super Food Salad (L)	434	9	23	10	34	6	6	1
Super Food Salad (S)	240	8	20	5	14	3	4	0
Kale Super Food Salad (S)	216	4	12	5	17	3	3	1

Jamie's Italian - Hand Crafted Pizza

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spicy 'Ndjula Meatball	959	48	109	7	41	20	7	3
Posh Pepperoni	871	42	96	6	36	18	7	5
Four Cheese	854	38	98	4	35	20	6	3
Julietta	839	37	100	10	33	19	8	3

Jamie's Italian - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sweet Potato Fries	497	3	42	18	34	3	6	2
Crispy Polenta Chips	452	7	41	1	29	5	2	3
Skinny Fries	341	4	29	3	22	2	0	1
Kale & Hazelnut Salad	220	5	3	2	21	3	1	1
Roasted Broccoli	126	7	6	3	8	1	6	1
Rocket & Parmesan	70	2	2	1	6	1	2	1

Jamie's Italian - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Torta Di Nada	612	6	59	41	37	19	2	0
Molten Chocolate Praline Pudding	601	8	47	29	43	9	2	0
Rich Chocolate Brownie	550	8	64	51	29	16	5	0
Epic Tiramisu	524	5	50	40	35	22	1	0
Baked Lemon & Ricotta Cheesecake	343	6	37	27	21	12	1	0
Affogato	142	3	16	14	8	5	0	0