

9to5strength - Jamie's Italian Nutrition Tables

Jamie's Italian - Set Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Porcini Mushroom Soup	498	9	25	5	40	18	3	1
Crispy Squid	482	14	9	4	44	5	1	1
Truffle Tagliatelle	383	8	44	0	20	11	1	1
Tuscan Pate	345	10	13	3	28	15	0	1
Ravioli Fritti	252	9	22	2	14	2	1	2
Tomato Bruschetta	188	8	15	4	11	6	1	1
Creamy Tagliatelle Carbonara (L)	885	25	94	3	48	19	4	3
Bavette Steak	810	47	35	5	55	15	1	3
Porcini Mushroom Linguine	798	21	95	2	38	20	3	3
Epic Porchetta Sandwich	753	45	43	9	45	15	3	2
Smoked Salmon Casarecce	751	23	93	2	32	16	2	2
Tagliatelle Bolognese (L)	707	28	110	6	18	5	5	3
Jamie's Nut Roast	706	17	41	19	53	10	7	3
Super Food Salad (L)	481	15	40	9	29	5	7	0
Creamy Tagliatelle Carbonara (S)	444	13	47	1	24	10	2	1
Tagliatelle Bolognese (S)	327	13	49	3	9	2	3	2
Rich Chocolate Brownie	550	8	64	51	29	16	5	0
Zuccotto Di Panettone	433	6	52	42	21	11	1	0
Classic Tiramisu	306	4	42	32	13	10	1	0
St Clement's Sorbet	280	0	43	43	0	0	3	0
White Chocolate Affogato	150	3	17	17	8	4	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
Ravioli Fritti	252	9	22	2	14	2	1	2
Sourdough	204	4	25	2	10	1	1	1
Gnocchi Fritti	175	5	13	1	11	4	0	1
Nocellara Olives on Ice	163	1	5	0	16	2	1	1
Stracciatella	130	6	3	1	11	5	1	0

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
Primavera Bruschetta	511	14	21	3	41	11	3	1
Creamy Burrata	488	24	13	4	38	19	2	3
Crispy Squid	482	14	9	4	44	5	1	1
Spicy 'Nduja Meatballs	397	12	28	6	28	6	1	2
Truffled Egg & Asparagus	371	19	15	2	26	13	1	2
Tuscan Pate	345	10	13	3	28	15	0	1
Famous Antipasti Plank	320	15	24	2	18	10	2	2
Roman Arancini	316	9	29	3	19	5	2	1
Carpaccio Alla Romana	312	19	1	1	26	5	0	2
Margherita Arancini	272	8	42	3	9	3	2	1
Sicilian Octopus Stew	235	19	20	2	7	1	4	1
Salmon Bruschetta	230	13	13	2	14	2	1	1
Tomato Bruschetta	188	8	15	4	11	6	1	1

Jamie's Italian - Fresh Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Tagliatelle Carbonara (L)	858	25	96	4	44	19	4	2
Pappardelle Meatballs (L)	847	29	108	6	39	9	4	2
Trapanese Pesto Casarecce (L)	805	28	100	6	35	10	5	2
Tagliatelle Bolognese (L)	707	28	110	6	18	5	5	3
Lamb Ragu Gnocchi (L)	686	20	77	13	31	15	4	3
Prawn Linguine (L)	679	39	98	6	15	2	5	3
Truffle Ravioli	649	28	21	3	51	22	1	3
Seafood Linguine (L)	632	33	96	4	13	2	4	2
Courtyard Tortelloni	575	26	23	3	42	22	2	3
Straight-Up Lasagne	533	25	30	10	33	13	4	2
Jamie's Italy Vegetable Lasagne	529	20	34	9	34	14	3	3
Artichoke Mezzelune	507	15	22	1	40	22	6	3
Tagliatelle Carbonara (S)	429	13	48	2	22	9	2	1
Pappardelle Meatballs (S)	424	15	54	3	19	5	2	1
Trapanese Pesto Casarecce (S)	398	14	50	3	17	5	3	1
Seafood Linguine (S)	358	22	49	2	7	1	2	2
Lamb Ragu Gnocchi (S)	343	10	38	7	15	8	2	2
Prawn Linguine (S)	340	20	49	3	8	1	3	1
Tagliatelle Bolognese (S)	327	13	49	3	9	2	3	2

Jamie's Italian - Mains

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ji Burger	931	32	35	10	69	4	1	3
Gennaro's Lambchetta	689	37	8	3	57	19	4	4
Calabrian Chicken	682	74	10	6	40	10	3	3
Calabrian Risotto	660	17	83	1	28	11	2	2
Sunday Roast - Chicken	638	54	4	3	44	20	1	3
Lamb Chops	632	37	6	3	47	16	2	2
Sirlon Steak	615	52	5	5	42	20	3	2
Chicken Al Mattone	587	72	3	2	32	6	1	1
Super Green Burger	554	20	50	19	27	6	4	2
Aubergine Parmigiana	495	14	16	13	37	11	1	2
Super Food Salad (L)	481	15	40	9	29	5	7	0
Jamie's Steak Tagliata	402	45	7	6	22	6	1	1
Chianti Beef	390	46	20	10	14	5	3	3
Sunday Roast - Beef Brisket	335	37	13	6	14	6	2	3
Octopus Salad	310	24	24	7	13	2	4	2
Swordfish Alla Siciliana	290	33	9	8	14	3	2	1
Super Food Salad (S)	240	8	20	5	14	3	4	0

Jamie's Italian - Hand Crafted Pizza

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Buffalo Margherita	1006	48	101	11	46	29	8	3
Smoky Asparagus	980	44	99	5	45	20	7	4
Calabrese	935	47	106	7	39	19	7	4
Quattro Formaggi	924	42	98	4	38	20	6	3
Porky	916	43	96	6	40	19	7	5
San Daniele	914	47	96	6	38	20	7	4
Tuscan Salame	908	42	98	6	38	20	7	4
Loaded Margherita	906	40	100	10	39	20	8	3
Polpette	866	41	100	7	35	20	7	7
Nduja Melanzane	858	35	97	7	37	16	7	4
Pepperoni	824	39	96	6	32	17	7	4
Margherita	776	34	96	6	29	16	7	3
Marinara	612	21	98	7	15	2	8	4

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
Polenta Chips	452	7	41	1	29	5	2	3
Fries	341	4	29	3	22	2	0	1
Kale & Hazelnut Salad	220	5	3	2	21	3	1	1
Broccoli	126	7	6	3	8	1	6	1
Green Salad	99	5	4	4	7	2	3	1
Rocket & Radicchio	70	2	2	1	6	1	2	1

Jamie's Italian - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Fondant	678	10	72	53	46	15	3	0
The Ambassador	659	8	52	49	46	24	3	0
Cassata Cheesecake	550	8	64	51	29	16	5	0
Rich Chocolate Brownie	550	8	64	51	29	16	5	0
Zuccotto Di Panettone	433	6	52	42	21	11	1	0
White Choc & Honeycomb Semifreddo	414	4	38	33	27	16	1	0
Classic Tiramisu	306	4	42	32	13	10	1	0
Affogato	142	3	16	14	8	5	0	0