

<p>Cream-cheese</p> <p>per: 200g</p> <p>Calories: 500</p> <p>Protein: 10.8g</p> <p>Carbohydrates: 5.6g</p> <p>Fat: 50g</p>	<p>Crème Fraiche</p> <p>per: 200g</p> <p>Calories: 740</p> <p>Protein: 4g</p> <p>Carbohydrates: 5.6g</p> <p>Fat: 78g</p>	<p>Single Cream</p> <p>per: 100ml</p> <p>Calories: 195</p> <p>Protein: 3.2</p> <p>Carbohydrates: 2.2</p> <p>Fat: 18.3</p>
<p>Eggs</p> <p>per: 6 eggs</p> <p>Calories: 480</p> <p>Protein: 13.8g</p> <p>Carbohydrates: 0</p> <p>Fat: 34.8g</p>	<p>Can of Tomatoes</p> <p>per: 100g</p> <p>Calories: 22</p> <p>Protein: 1.1g</p> <p>Carbohydrates: 3.5g</p> <p>Fat: 0.4g</p>	<p>Spaghetti (Dry)</p> <p>per: 250g</p> <p>Calories: 888</p> <p>Protein: 30.8g</p> <p>Carbohydrates: 180.8g</p> <p>Fat: 4.3g</p>
<p>Vegetable Stock</p> <p>per: 100ml</p> <p>Calories: 7</p> <p>Protein: 0.3g</p> <p>Carbohydrates: 1.4g</p> <p>Fat: 0.2g</p>	<p>Tomato Puree</p> <p>per: 500ml</p> <p>Calories: 400</p> <p>Protein: 25g</p> <p>Carbohydrates: 71g</p> <p>Fat: 1.5g</p>	<p>Chocolate Digestives</p> <p>per: pack</p> <p>Calories: 1720</p> <p>Protein: 20g</p> <p>Carbohydrates: 214g</p> <p>Fat: 84g</p>

<p>White Chocolate</p> <p>per: 100g</p> <p>Calories: 590</p> <p>Protein: 7.3g</p> <p>Carbohydrates: 54.2g</p> <p>Fat: 35.8g</p>	<p>Minced Beef</p> <p>per: 450g</p> <p>Calories: 855</p> <p>Protein: 93.2g</p> <p>Carbohydrates: None</p> <p>Fat: 54g</p>	<p>Bacon</p> <p>per: 2 rashers</p> <p>Calories: 200</p> <p>Protein: 15.5g</p> <p>Carbohydrates: None</p> <p>Fat: 15.4g</p>
<p>Onion</p> <p>per: one onion</p> <p>Calories: 44</p> <p>Protein: 0g</p> <p>Carbohydrates: 10g</p> <p>Fat: 1g</p>	<p>Olive Oil</p> <p>per:tblsp</p> <p>Calories: 120</p> <p>Protein: 0g</p> <p>Carbohydrates: 0g</p> <p>Fat: 13.5g</p>	<p>Mushrooms</p> <p>per: 500g</p> <p>Calories: 140</p> <p>Protein: 10g</p> <p>Carbohydrates: 25g</p> <p>Fat: 0g</p>
<p>Celery</p> <p>per: 2 stalks</p> <p>Calories: 14</p> <p>Protein: 1g</p> <p>Carbohydrates: 3g</p> <p>Fat: 0g</p>	<p>Carrots</p> <p>per: 100g</p> <p>Calories: 16</p> <p>Protein: 0g</p> <p>Carbohydrates: 4g</p> <p>Fat: 0g</p>	<p>Tomatoes</p> <p>per: 200g</p> <p>Calories: 36</p> <p>Protein: 2g</p> <p>Carbohydrates: 8g</p> <p>Fat: 0g</p>