

NUTRITIONAL INFORMATION- EXTRAS – JAN 2012

GARLIC BREAD (7 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g	CHOCOLATE BROWNIES (6 servings per package)	Average Quantity per Serving 15g	Average Quantity per 100g	
Energy	345kJ (82Cal)	1420kJ (339Cal)	Energy	306kJ (73Cal)	2040kJ (487Cal)	
Protein	1.6g	6.5g	Protein	0.9g	6.0g	
Fat, Total	4.1g	16.8g	Fat, Total	4.6g	30.6g	
- Saturated	1.5g	6.3g	- Saturated	3.7g	24.6g	
- Trans	less than 0.1g	0.2g	- Trans	0.2g	1.1g	
Carbohydrate	9.8g	40.5g	Carbohydrate	6.9g	45.9g	
- Sugars	0.6g	2.5g	- Sugars	5.8g	38.7g	
Sodium	123mg	507mg	Sodium	6mg	41mg	
CHEESY GARLIC BREAD (4 servings per package)	Average Quantity per Serving 45g	Average Quantity per 100g	CHOCOLATE DIPPING SAUCE TUB	Average Quantity per Serving 25g	Average Quantity per 100g	
Energy	632kJ (151Cal)	1400kJ (336Cal)	Energy	326kJ (78Cal)	1300kJ (312Cal)	
Protein	3.4g	7.6g	Protein	0.3g	1.3g	
Fat, Total	7.7g	17.1g	Fat, Total	0.8g	3.3g	
- Saturated	3.2g	7.1g	- Saturated	0.4g	1.5g	
- Trans	less than 0.1g	0.2g	- Trans	0.0g	0.0g	
Carbohydrate	17.0g	37.8g	Carbohydrate	17.0g	68.2g	
- Sugars	1.4g	3.1g	- Sugars	9.1g	36.2g	
Sodium	286mg	636mg	Sodium	17mg	67mg	
CHICKEN WINGS (4 servings per package)	Average Quantity per Serving	Average Quantity per 100g	RANCH DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	696kJ (166Cal)	967kJ (231Cal)	Energy	324kJ (77Cal)	1620kJ (387Cal)	
Protein	10.2g	14.1g	Protein	0.5g	2.4g	
Fat, Total	11.7g	16.3g	Fat, Total	7.9g	39.4g	
- Saturated	2.8g	3.9g	- Saturated	0.7g	3.3g	
- Trans	less than 0.1g	less than 0.1g	- Trans	less than 0.1g	0.2g	
Carbohydrate	5.3g	7.3g	Carbohydrate	1.4g	7.2g	
- Sugars	0.7g	1.0g	- Sugars	0.8g	3.9g	
Sodium	336mg	467mg	Sodium	131mg	655mg	
MILD CHICKEN KICKERS (5 or 10 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g	BELGIUM CHOCOLATE LAVA CAKE	Average Quantity per Serving 92g	Average Quantity per 100g	
Energy	172kJ (41Cal)	715kJ (171Cal)	Energy	1620kJ (386Cal)	1760kJ (420Cal)	
Protein	4.0g	16.8g	Protein	5.2g	5.7g	
Fat, Total	1.5g	6.3g	Fat, Total	23.5g	25.6g	
- Saturated	0.4g	1.8g	- Saturated	11.2g	12.2g	
- Trans	less than 0.1g	less than 0.1g	- Trans	0.5g	0.5g	
Carbohydrate	2.6g	10.9g	Carbohydrate	37.8g	41.2g	
- Sugars	0.2g	0.8g	- Sugars	27.4g	29.8g	
Sodium	215mg	896mg	Sodium	119mg	130mg	
SPICY CHICKEN KICKERS (5 or 10 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g	CRÈME BRULE PUFFLE	Average Quantity per Serving 62g	Average Quantity per 100g	
Energy	167kJ (40Cal)	697kJ (167Cal)	Energy	865kJ (207Cal)	1400kJ (334Cal)	
Protein	3.9g	16.4g	Protein	3.6g	5.8g	
Fat, Total	1.5g	6.1g	Fat, Total	9.8g	15.9g	
- Saturated	0.4g	1.7g	- Saturated	5.5g	9.0g	
- Trans	less than 0.1g	less than 0.1g	- Trans	0.5g	0.8g	
Carbohydrate	2.6g	10.9g	Carbohydrate	25.2g	40.7g	
- Sugars	less than 0.1g	0.4g	- Sugars	12.3g	19.8g	
Sodium	186mg	774mg	Sodium	194mg	314mg	

GARLIC MAYO DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	CHICKEN STRIPS	Average Quantity per Serving 28g	Average Quantity per 100g	
Energy	325kJ (78Cal)	1620kJ (388Cal)	Energy	221kJ (53Cal)	791kJ (189Cal)	
Protein	0.3g	1.5g	Protein	4.5g	16.1g	
Fat, Total	7.7g	38.6g	Fat, Total	2.0g	7.3g	
- Saturated	0.8g	4.0g	- Saturated	0.6g	2.2g	
- Trans	0.0g	0.0g	- Trans	0.0g	0.0g	
Carbohydrate	2.0g	10.0g	Carbohydrate	4.1g	14.6g	
- Sugars	0.6g	2.9g	- Sugars	0.5g	1.9g	
Sodium	145mg	727mg	Sodium	176mg	630mg	
BEER BATTERED CHIPS	Average Quantity per Serving 350g	Average Quantity per 100g	TOMATO & CAPSICUM DIPPING SAUCE	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	2940kJ (703Cal)	841kJ (201Cal)	Energy	92kJ (22Cal)	460kJ (110Cal)	
Protein	11.9g	3.4g	Protein	0.2g	1.1g	
Fat, Total	22.1g	6.3g	Fat, Total	0.8g	4.1g	
- Saturated	14.0g	4.0g	- Saturated	<0.1g	0.3g	
- Trans	<0.1g	<0.1g	- Trans	0g	0g	
Carbohydrate	113g	32.4g	Carbohydrate	3.2g	16.1g	
- Sugars	0.7g	0.2g	- Sugars	2.6g	13.0g	
Sodium	1820mg	520mg	Sodium	122mg	610mg	
CHICKEN STRIPS (3), CHIPS(200g), DIP(20g) & COKE (375ml) COMBO	Average Quantity per Serving	Average Quantity per 100g	CHICKEN RIBS (4 or 8 servings per package)	Average Quantity per Serving 30g	Average Quantity per 100g	
Energy	3110kJ (744Cal)	771kJ (184Cal)	Energy	233kJ (56Cal)	777kJ (185Cal)	
Protein	20.5g	5.1g	Protein	6.4g	21.3g	
Fat, Total	19.6g	4.8g	Fat, Total	3.1g	10.4g	
- Saturated	9.9g	2.5g	- Saturated	0.7g	2.4g	
- Trans	less than 0.1g	less than 0.1g	- Trans	less than 0.01g	less than 0.01g	
Carbohydrate	120g	29.8g	Carbohydrate	0.5g	1.8g	
- Sugars	44.3g	11.0g	- Sugars	0.3g	0.9g	
Sodium	1730mg	428mg	Sodium	261mg	873mg	
CHICKEN RIBS (3), CHIPS (200g), & COKE (375ml) COMBO	Average Quantity per Serving 309g	Average Quantity per 100g				
Energy	3060kJ (730Cal)	784kJ (187Cal)				
Protein	26.0g	6.7g				
Fat, Total	22.0g	5.6g				
- Saturated	10.2g	2.6g				
- Trans	less than 0.1g	less than 0.1g				
Carbohydrate	106g	27.3g				
- Sugars	41.2g	10.6g				
Sodium	1860mg	478mg				

* This information is correct as from Jan 2012