

NUTRITIONAL INFORMATION- PASTA BOXES AU– JAN 2011

PASTA BOX- CHICKEN CARBONARA	Average Quantity per Serving 344g	Average Quantity per 100g
Energy	3150kJ (753Cal)	917kJ (219Cal)
Protein	26.3g	7.6g
Fat, Total	40.1g	11.7g
- Saturated	23.4g	6.8g
- Trans	1.0g	0.3g
Carbohydrate	68.6g	20.0g
- Sugars	3.5g	1.0g
Sodium	1150mg	334mg
PASTA BOX - BOLOGNESE	Average Quantity per Serving 328g	Average Quantity per 100g
Energy	2690kJ (642Cal)	819kJ (196Cal)
Protein	32.4g	9.9g
Fat, Total	24.7g	7.5g
- Saturated	9.5g	2.9g
- Trans	0.7g	0.2g
Carbohydrate	70.9g	21.6g
- Sugars	11.8g	3.6g
Sodium	1830mg	559mg
PASTA BOX- PRAWN MARINARA	Average Quantity per Serving 368g	Average Quantity per 100g
Energy	2610kJ (623Cal)	709kJ (169Cal)
Protein	25.7g	7.0g
Fat, Total	22.7g	6.2g
- Saturated	10.8g	2.9g
- Trans	0.5g	0.1g
Carbohydrate	75.0g	20.4g
- Sugars	8.8g	2.4g
Sodium	1140mg	310mg

* This information is correct as from January 2012