

NUTRITIONAL INFORMATION PREMIUM - EDGE & PUFF– AU JAN 2012
EDGE **PUFF**

BBQ CHICKEN & BACON	Average Quantity per Serving 96g	Average Quantity per 100g	Average Quantity per Serving 78g	Average Quantity per 100g
Energy	1050kJ (250Cal)	1090kJ (260Cal)	818kJ (195Cal)	1050kJ (252Cal)
Protein	10.9g	11.3g	9.2g	11.8g
Fat, Total	11.3g	11.8g	9.6g	12.3g
- Saturated	4.7g	4.9g	4.6g	6.0g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	25.2g	26.2g	17.8g	22.9g
- Sugars	4.8g	4.9g	5.2g	6.7g
Sodium	475mg	493mg	448mg	577mg
CHICKEN & FETA	Average Quantity per Serving 97g	Average Quantity per 100g	Average Quantity per Serving 75g	Average Quantity per 100g
Energy	978kJ (234Cal)	1010kJ (240Cal)	783kJ (187Cal)	1040kJ (249Cal)
Protein	10.2g	10.5g	7.3g	9.6g
Fat, Total	10.5g	10.9g	10.1g	13.5g
- Saturated	4.3g	4.4g	4.8g	6.3g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	23.6g	24.3g	16.1g	21.4g
- Sugars	3.3g	3.3g	3.6g	4.7g
Sodium	458mg	471mg	365mg	485mg
CHICKEN MONACO	Average Quantity per Serving 99g	Average Quantity per 100g	Average Quantity per Serving 77g	Average Quantity per 100g
Energy	918kJ (219Cal)	927kJ (221Cal)	716kJ (171Cal)	935kJ (223Cal)
Protein	10.2g	10.3g	7.3g	9.5g
Fat, Total	8.8g	8.8g	8.3g	10.8g
- Saturated	3.7g	3.7g	4.1g	5.4g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	24.0g	24.2g	16.4g	21.4g
- Sugars	3.5g	3.5g	3.8g	5.0g
SATAY CHICKEN	Average Quantity per Serving 99g	Average Quantity per 100g	Average Quantity per Serving 77g	Average Quantity per 100g
Energy	955kJ (228Cal)	965kJ (230Cal)	754kJ (180Cal)	984kJ (235Cal)
Protein	10.3g	10.4g	7.3g	9.6g
Fat, Total	9.3g	9.4g	8.8g	11.5g
- Saturated	3.9g	3.9g	4.4g	5.7g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	24.9g	25.1g	17.3g	22.6g
- Sugars	4.1g	4.2g	4.4g	5.8g
Sodium	427mg	431mg	334mg	435mg
SATAY PRAWN	Average Quantity per Serving 102g	Average Quantity per 100g	Average Quantity per Serving 80g	Average Quantity per 100g
Energy	919kJ (220Cal)	898kJ (215Cal)	718kJ (172Cal)	898kJ (215Cal)
Protein	10.4g	10.2g	7.5g	9.3g
Fat, Total	8.2g	8.0g	7.8g	9.7g
- Saturated	3.6g	3.5g	4.0g	5.0g
- Trans	0.1g	0.1g	0.5g	0.6g
Carbohydrate	25.0g	24.5g	17.5g	21.8g
- Sugars	4.6g	4.5g	4.9g	6.1g
Sodium	408mg	398mg	315mg	394mg

* 8 SERVINGS PER PIZZA

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EDGE **PUFF**

CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 97g	Average Quantity per 100g	Average Quantity per Serving 75g	Average Quantity per 100g
Energy	1070kJ (255Cal)	1100kJ (263Cal)	866kJ (207Cal)	1160kJ (277Cal)
Protein	10.6g	10.9g	7.6g 75g	10.2g
Fat, Total	13.0g	13.4g	12.6g	16.8g
- Saturated	5.7g	5.9g	6.1g	8.2g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	23.0g	23.7g	15.4g	20.6g
- Sugars	2.7g	2.7g	2.9g	3.9g
Sodium	425mg	437mg	332mg	445mg
FIRE BREATHER	Average Quantity per Serving 101g	Average Quantity per 100g	Average Quantity per Serving 78g	Average Quantity per 100g
Energy	986kJ (235Cal)	981kJ (234Cal)	804kJ (192Cal)	1030kJ (246Cal)
Protein	10.9g	10.8g	7.8g	9.9g
Fat, Total	10.2g	10.2g	10.4g	13.3g
- Saturated	4.5g	4.5g	5.3g	6.8g
- Trans	0.2g	0.2g	0.7g	0.9g
Carbohydrate	24.2g	24.1g	16.5g	21.2g
- Sugars	3.3g	3.3g	3.6g	4.6g
Sodium	628mg	625mg	555mg	711mg
GARLIC PRAWN	Average Quantity per Serving 93g	Average Quantity per 100g	Average Quantity per Serving 71g	Average Quantity per 100g
Energy	932kJ (223Cal)	1000kJ (239Cal)	730kJ (174Cal)	1030kJ (247Cal)
Protein	10.3g	11.0g	7.3g	10.3g
Fat, Total	9.7g	10.5g	9.3g	13.1g
- Saturated	4.5g	4.8g	4.9g	7.0g
- Trans	0.1g	0.1g	0.5g	0.7g
Carbohydrate	22.6g	24.3g	15.0g	21.3g
- Sugars	2.5g	2.7g	2.8g	3.9g
Sodium	371mg	399mg	278mg	394mg
PRAWN SUPREME	Average Quantity per Serving 104g	Average Quantity per 100g	Average Quantity per Serving 81g	Average Quantity per 100g
Energy	1020kJ (244Cal)	982kJ (235Cal)	818kJ (195Cal)	1000kJ (240Cal)
Protein	12.2g	11.7g	9.2g	11.3g
Fat, Total	10.6g	10.2g	10.1g	12.4g
- Saturated	4.6g	4.5g	5.1g	6.2g
- Trans	0.2g	0.2g	0.6g	0.7g
Carbohydrate	24.1g	23.3g	16.6g	20.3g
- Sugars	3.6g	3.5g	3.9g	4.8g
Sodium	512mg	494mg	420mg	516mg
PRAWN BACON & FETA	Average Quantity per Serving 100g	Average Quantity per 100g	Average Quantity per Serving 87g	Average Quantity per 100g
Energy	983kJ (235Cal)	987kJ (236Cal)	947kJ (226Cal)	1090kJ (260Cal)
Protein	11.3g	11.3g	10.1g	11.6g
Fat, Total	10.4g	10.4g	13.4g	15.4g
- Saturated	4.5g	4.5g	6.4g	7.4g
- Trans	0.1g	0.1g	0.6g	0.6g
Carbohydrate	23.2g	23.3g	15.9g	18.3g
- Sugars	3.2g	3.2g	3.6g	4.1g
Sodium	457mg	459mg	431mg	495mg

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This information is correct as from Jan 2012

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