

NUTRITIONAL INFORMATION- EXTRAS – JAN 2010

GARLIC BREAD (7 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g	CHOCOLATE BROWNIES (5 servings per package)	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	345kJ (82Cal)	1420kJ (339Cal)	Energy	380kJ (91Cal)	1900kJ (454Cal)	
Protein	1.6g	6.5g	Protein	0.9g	4.7g	
Fat, Total	4.1g	16.8g	Fat, Total	5.7g	28.3g	
- Saturated	1.5g	6.3g	- Saturated	3.6g	17.9g	
- Trans	less than 0.1g	0.2g	- Trans	0.0g	0.0g	
Carbohydrate	9.8g	40.5g	Carbohydrate	9.1g	45.5g	
- Sugars	0.6g	2.5g	- Sugars	7.7g	38.5g	
Sodium	123mg	507mg	Sodium	6mg	28mg	
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	631kJ (151Cal)	1400kJ (335Cal)	Energy	296kJ (71Cal)	1190kJ (283Cal)	
Protein	4.1g	9.1g	Protein	0.3g	1.2g	
Fat, Total	8.0g	17.8g	Fat, Total	0.3g	1.1g	
- Saturated	3.4g	7.5g	- Saturated	0.1g	0.4g	
- Trans	0.2g	0.5g	- Trans	0.0g	0.0g	
Carbohydrate	15.6g	34.6g	Carbohydrate	17.2g	68.7g	
- Sugars	1.0g	2.1g	- Sugars	11.2g	45.0g	
Sodium	241mg	535mg	Sodium	16mg	64mg	
CHICKEN WINGS (4 servings per package)	Average Quantity per Serving 72g	Average Quantity per 100g	RANCH DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	752kJ (180Cal)	1040kJ (249Cal)	Energy	311kJ (68Cal)	1555Kj	
Protein	11.4g	15.9g	Protein	0.5g	2.4	
Fat, Total	11.9g	16.5g	Fat, Total	7.5g	37.7	
- Saturated	3.3g	4.6g	- Saturated	0.7g	3.5	
- Trans	less than 0.1g	0.1g	- Trans	less than 0.1g	0.2g	
Carbohydrate	6.9g	9.6g	Carbohydrate	1.3g	6.6	
- Sugars	less than 0.1g	0.1g	- Sugars	0.8g	4.0	
Sodium	585mg	813mg	Sodium	128g	640	
MILD CHICKEN KICKERS 5 or 10 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g				
Energy	183kJ (44Cal)	773kJ (185Cal)				
Protein	3.8g	16.1g				
Fat, Total	1.8g	7.8g				
- Saturated	0.5g	2.2g				
- Trans	less than 0.1g	less than 0.1g				
Carbohydrate	2.9g	12.4g				
- Sugars	0.1g	0.5g				
Sodium	302mg	1280mg				
SPICY CHICKEN KICKERS 5 or 10 servings per package)	Average Quantity per Serving 24g	Average Quantity per 100g				
Energy	172kJ (41Cal)	727kJ (174Cal)				
Protein	4.1g	17.3g				
Fat, Total	1.7g	7.3g				
- Saturated	0.4g	1.6g				
- Trans	less than 0.1g	less than 0.1g				
Carbohydrate	2.2g	9.1g				
- Sugars	0.2g	0.9g				
Sodium	241mg	1020mg				

CHOCOLATE LAVA CAKE	Average Quantity per Serving 87g	Average Quantity per 100g				
Energy	1500kJ (359Cal)	1720kJ (411Cal)				
Protein	4.6g	5.3g				
Fat, Total	22.3g	25.5g				
- Saturated	11.0g	12.6g				
- Trans	0.0g	0.0g				
Carbohydrate	35.5g	40.7g				
- Sugars	28.1g	32.2g				
Sodium	127mg	145mg				
CHILLI DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	AIOLI DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	74.2kJ (180Cal)	371Kj	Energy	333kJ (44Cal)	1665Kj	
Protein	0.12g	0.6g	Protein	0.3g	1.5g	
Fat, Total	0.02g	0.1g	Fat, Total	8.34g	41.7g	
- Saturated	0g	0.0g	- Saturated	0.8g	4.2g	
- Trans	0.0g	0.0g	- Trans	less than 0.1g	0.2g	
Carbohydrate	4.16	20.8g	Carbohydrate	0.98g	4.9g	
- Sugars	3.8g	18.8g	- Sugars	0.4g	2.0g	
Sodium	118.6mg	593mg	Sodium	142.6mg	713g	
STICKY DATE PUDDING	Average Quantity per Serving 92g	Average Quantity per 100g	BUTTERSCOTCH DIPPING SAUCE TUB	Average Quantity per Serving 20g	Average Quantity per 100g	
Energy	1110kJ (264Cal)	1200kJ (287Cal)	Energy	269kJ (64Cal)	1340kJ (321Cal)	
Protein	4.8g	5.2g	Protein	less than 0.1g	0.4g	
Fat, Total	11.3g	12.3g	Fat, Total	1.4g	7.1g	
- Saturated	4.0g	4.3g	- Saturated	0.9g	4.5g	
- Trans	less than 0.1g	0.1g	- Trans	0.0g	0.0g	
Carbohydrate	37.0g	40.1g	Carbohydrate	12.7g	63.4g	
- Sugars	23.8g	25.8g	- Sugars	8.3g	41.5g	
Sodium	106mg	115mg	Sodium	29mg	143mg	
CHEESY STICKS	Average Quantity per Serving 55g (1 stick)	Average Quantity per 100g	CRÈME BRULE PUFFLE	Average Quantity per Serving 71g	Average Quantity per 100g	
Energy	836kJ (200Cal)	1510kJ (361Cal)	Energy	1020kJ (243Cal)	1440kJ (344Cal)	
Protein	6.3g	11.3g	Protein	3.5g	5.0g	
Fat, Total	10.5g	18.9g	Fat, Total	10.1g	14.3g	
- Saturated	5.5g	9.9g	- Saturated	5.8g	8.2g	
- Trans	0.6g	1.4g	- Trans	0.5 g	0.7g	
Carbohydrate	19.6g	35.3g	Carbohydrate	33.9g	48.0g	
- Sugars	1.3g	2.4g	- Sugars	19.4g	27.4g	
Sodium	242mg	437mg	Sodium	168mg	238mg	