

# NUTRITIONAL INFORMATION- GOOD CHOICE RANGE APRIL 12th 2010

## Lab Analysis Results

<b>Crispy Asian Noodle Salad with Soy &amp; Chilli Dressing</b> 24/12/09 (99170-1-A)	<b>Average Quantity per Serving</b> <b>180g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	643kJ (153Cal)	357kJ (85Cal)
<b>Protein</b>	11.5g	6.4g
<b>Fat, Total</b>	6.3 g	3.5g
- Saturated	2.9g	1.6g
- Trans	<0.01g	<0.01g
<b>Carbohydrate</b>	10.6g	5.9g
- Sugars	<1.0g	0.3g
<b>Sodium</b>	495mg	275mg
<b>Southern Style Chicken Scallops with Garden Salad</b> 24/12/09 (99170-2)	<b>Average Quantity per Serving</b> <b>195g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	1089kJ (260Cal)	559kJ (133Cal)
<b>Protein</b>	20.9g	10.7g
<b>Fat, Total</b>	11.3g	5.8g
- Saturated	3.8g	1.9g
- Trans	0.03g	0.02g
<b>Carbohydrate</b>	16.8g	8.6g
- Sugars	1.6g	0.8g
<b>Sodium</b>	585mg	300mg
<b>Penne Pasta with Roasted Chicken, Mushroom &amp; Vine Ripened Tomato</b> 12/4/2010 (106465-A-2)	<b>Average Quantity per Serving</b> <b>340g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	1548kJ (370Cal)	455kJ (109Cal)
<b>Protein</b>	20.6g	6.1g
<b>Fat, Total</b>	1.7g	0.5g
- Saturated	<1.0g	<1.0g
- Trans	< 0.01g	< 0.01g
<b>Carbohydrate</b>	66.8g	19.6g
- Sugars	7.1g	2.1g
<b>Sodium</b>	575mg	169mg
<b>Oven Baked Sandwich with Crispy Turkey Rissoles &amp; Sweet Chilli Sauce</b> 12/4/2010 (97350-3)	<b>Average Quantity per Serving</b> <b>291g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	1744kJ (417Cal)	599kJ (143Cal)
<b>Protein</b>	25.2g	8.7g
<b>Fat, Total</b>	<1.0g	0.3g
- Saturated	<1.0g	<1.0g
- Trans	< 0.01g	< 0.01g
<b>Carbohydrate</b>	75.2g	25.8g
- Sugars	9.6g	3.3g
<b>Sodium</b>	594mg	204mg
<b>Chocolate Mousse</b> 27/01/2010 (101184-1-A)	<b>Average Quantity per Serving</b> <b>75g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	498kJ (119Cal)	664kJ (159Cal)
<b>Protein</b>	8.0g	10.6g
<b>Fat, Total</b>	2.3g	3.0g
- Saturated	2.0g	2.6g
- Trans	0.01g	0.02g
<b>Carbohydrate</b>	16.4g	21.9g
- Sugars	15.6g	20.8g
<b>Sodium</b>	82mg	109mg

<b>Chicken, Tomato &amp; Oregano Ciabatta Pizza</b> 30/12/09 FW	<b>Average Quantity per Serving</b> <b>298g</b>	<b>Average Quantity per 100g</b>
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<b>Energy</b>	1480kJ (354Cal)	498kJ (119Cal)
<b>Protein</b>	21.8g	7.3g
<b>Fat, Total</b>	9.4 g	3.2g
<b>- Saturated</b>	5.5g	1.8g
<b>- Trans</b>	0.3g	0.1g
<b>Carbohydrate</b>	43.6g	14.6g
<b>- Sugars</b>	5.3g	1.8g
<b>Dietary Fibre</b>	6.4g	2.2g
<b>Sodium</b>	718mg	241mg
<b>BBQ Chicken &amp; Mushroom Ciabatta Pizza</b> 16/12/09 FW	<b>Average Quantity per Serving</b> <b>289g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	1630kJ (389Cal)	563kJ (134Cal)
<b>Protein</b>	21.2g	7.4g
<b>Fat, Total</b>	9.4g	3.2g
<b>- Saturated</b>	5.5g	1.9g
<b>- Trans</b>	0.3g	0.1g
<b>Carbohydrate</b>	53.5g	18.5g
<b>- Sugars</b>	13.5g	4.7g
<b>Dietary Fibre</b>	5.9g	2.0g
<b>Sodium</b>	772mg	267mg
<b>Prawn &amp; Spinach Ciabatta Pizza</b> 29/03/2010 ( 01654)	<b>Average Quantity per Serving</b> <b>216g</b>	<b>Average Quantity per 100g</b>
<b>Energy</b>	1645kJ (392Cal)	760kJ (181Cal)
<b>Protein</b>	27.5g	12.7g
<b>Fat, Total</b>	2.2g	1.0g
<b>- Saturated</b>	1.3g	0.6g
<b>- Trans</b>	0.2g	0.1g
<b>Carbohydrate</b>	64.5g	29.8g
<b>- Sugars</b>	4.1g	1.9g
<b>Sodium</b>	606mg	280mg