

NUTRITIONAL INFORMATION- BIG TASTE PUFF– APRIL 2010

PUFF

CHICKEN MONACO	Average Quantity per Serving 76g	Average Quantity per 100g
Energy	757kJ (181Cal)	995kJ (238Cal)
Protein	7.7g	10.2g
Fat, Total	10.0g	13.1g
- Saturated	5.1g	6.7g
- Trans	0.6g	0.8g
Carbohydrate	14.5g	19.1g
- Sugars	1.9g	2.5g
Sodium	308mg	405mg
BBQ CHICKEN & BACON	Average Quantity per Serving 77g	Average Quantity per 100g
Energy	919kJ (220Cal)	1190kJ (285Cal)
Protein	9.3g	12.0g
Fat, Total	12.8g	16.6g
- Saturated	6.2g	8.1g
- Trans	0.6g	0.8g
Carbohydrate	16.5g	21.4g
- Sugars	3.5g	4.6g
Sodium	490mg	635mg
CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 74g	Average Quantity per 100g
Energy	886kJ (212Cal)	1190kJ (285Cal)
Protein	8.4g	11.3g
Fat, Total	13.4g	18.0g
- Saturated	6.6g	8.9g
- Trans	0.6g	0.7g
Carbohydrate	14.1g	19.0g
- Sugars	1.3g	1.7g
Sodium	390mg	525mg
FIRE BREATHER	Average Quantity per Serving 78g	Average Quantity per 100g
Energy	799kJ (191Cal)	1030kJ (246Cal)
Protein	8.6g	11.1g
Fat, Total	10.7g	13.8g
- Saturated	5.5g	7.0g
- Trans	0.6g	0.8g
Carbohydrate	14.9g	19.2g
- Sugars	1.6g	2.1g
Sodium	514mg	663mg

* 8 SERVINGS PER PIZZA

7 MEATS	Average Quantity per Serving 70g	Average Quantity per 100g
Energy	858kJ (205Cal)	1220kJ (292Cal)
Protein	9.5g	13.6g
Fat, Total	12.1g	17.2g
- Saturated	5.6g	8.0g
- Trans	0.5g	0.8g
Carbohydrate	14.3g	20.3g
- Sugars	3.1g	4.4g
Sodium	545mg	778mg
GARLIC PRAWN	Average Quantity per Serving 70g	Average Quantity per 100g
Energy	784kJ (187Cal)	1120kJ (267Cal)
Protein	8.6g	12.3g
Fat, Total	10.6g	15.1g
- Saturated	5.6g	8.0g
- Trans	0.6g	0.8g
Carbohydrate	13.7g	19.5g
- Sugars	1.1g	1.6g
Sodium	257mg	366mg
CHILLI PRAWN	Average Quantity per Serving 60g	Average Quantity per 100g
Energy	725kJ (173Cal)	1210kJ (290Cal)
Protein	8.3g	13.9g
Fat, Total	9.2g	15.4g
- Saturated	4.7g	7.9g
- Trans	0.6g	1.0g
Carbohydrate	13.6g	22.8g
- Sugars	1.3g	2.1g
Sodium	221mg	371mg
CHICKEN & FETA	Average Quantity per Serving 67g	Average Quantity per 100g
Energy	804kJ (192Cal)	1210kJ (289Cal)
Protein	7.6g	11.5g
Fat, Total	11.5g	17.3g
- Saturated	5.7g	8.5g
- Trans	0.6g	0.9g
Carbohydrate	13.9g	20.9g
- Sugars	1.2g	1.8g
Sodium	314mg	473mg
SPINACH & FETA	Average Quantity per Serving 67g	Average Quantity per 100g
Energy	845kJ (202Cal)	1260kJ (301Cal)
Protein	8.0g	12.0g
Fat, Total	12.4g	18.5g
- Saturated	6.7g	10.0g
- Trans	0.6g	0.9g
Carbohydrate	13.8g	20.5g
- Sugars	1.2g	1.8g
Sodium	358mg	533mg
CHICKEN PESTO	Average Quantity per Serving 77g	Average Quantity per 100g
Energy	847kJ (202Cal)	1100kJ (263Cal)
Protein	8.4g	10.9g
Fat, Total	12.3g	16.0g
- Saturated	5.8g	7.6g
- Trans	0.7g	0.6g
Carbohydrate	14.2g	18.5g
- Sugars	1.3g	1.6g
Sodium	344mg	447mg

THE LOT	Average Quantity per Serving 81g	Average Quantity per 100g
Energy	851kJ (203Cal)	1050kJ (250Cal)
Protein	8.2g	10.1g
Fat, Total	12.0g	14.7g
- Saturated	5.8g	7.1g
- Trans	0.6g	0.7g
Carbohydrate	15.6g	19.2g
- Sugars	2.2g	2.7g
Sodium	428mg	525mg
STREAKY SMOKEY MEATBALL & BACON	Average Quantity per Serving 79g	Average Quantity per 100g
Energy	949kJ (227Cal)	1200kJ (286Cal)
Protein	9.9g	12.5g
Fat, Total	13.7g	17.3g
- Saturated	6.9g	8.6g
- Trans	0.7g	0.9g
Carbohydrate	15.7g	19.8g
- Sugars	2.3g	2.9g
Sodium	496mg	625mg
STREAKY SMOKY BACON & MUSHROOM	Average Quantity per Serving 74g	Average Quantity per 100g
Energy	870kJ (208Cal)	1170kJ (279Cal)
Protein	7.7g	10.3g
Fat, Total	13.0g	17.5g
- Saturated	5.7g	7.7g
- Trans	0.6g	0.8g
Carbohydrate	14.5g	19.6g
- Sugars	2.1g	2.8g
Sodium	430mg	579mg

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* This information is correct as from April 2010