

NUTRITIONAL INFORMATION- VALUE RANGE - PUFF- APRIL 2010

PUFF

SIMPLY CHEESE	Average Quantity per Serving 60g	Average Quantity per 100g				
Energy	801kJ (191Cal)	1340kJ (321Cal)				
Protein	8.6g	14.4g				
Fat, Total	11.2g	18.7g				
- Saturated	6.1g	10.3g				
- Trans	0.7g	1.2g				
Carbohydrate	13.6g	22.9g				
- Sugars	1.3g	2.2g				
Sodium	329mg	551mg				
MARGARITA	Average Quantity per Serving 63g	Average Quantity per 100g				
Energy	667kJ (159Cal)	1060kJ (253Cal)				
Protein	6.1g	9.6g				
Fat, Total	8.6g	13.6g				
- Saturated	4.6g	7.2g				
- Trans	0.6g	0.9g				
Carbohydrate	13.9g	22.1g				
- Sugars	1.6g	2.6g				
Sodium	251mg	399mg				
TONI PEPPERONI	Average Quantity per Serving 57g	Average Quantity per 100g				
Energy	827kJ (198Cal)	1450kJ (345Cal)				
Protein	7.7g	13.4g				
Fat, Total	12.3g	21.5g				
- Saturated	6.6g	11.5g				
- Trans	0.6g	1.0g				
Carbohydrate	13.7g	23.9g				
- Sugars	1.3g	2.3g				
Sodium	378mg	661mg				
HAWAIIAN	Average Quantity per Serving 66g	Average Quantity per 100g				
Energy	748kJ (179Cal)	1130kJ (270Cal)				
Protein	7.0g	10.6g				
Fat, Total	9.7g	14.7g				
- Saturated	5.1g	7.7g				
- Trans	0.6g	0.9g				
Carbohydrate	15.4g	23.3g				
- Sugars	2.8g	4.2g				
Sodium	349mg	527mg				

* 8 SERVINGS PER PIZZA

PUFF

HAM & CHEESE	Average Quantity per Serving 60g	Average Quantity per 100g				
Energy	754kJ (180Cal)	1270kJ (302Cal)				
Protein	7.4g	12.4g				
Fat, Total	10.2g	17.0g				
- Saturated	5.2g	8.7g				
- Trans	0.6g	1.0g				
Carbohydrate	14.0g	23.4g				
- Sugars	1.5g	2.5g				
Sodium	397mg	667mg				

*** 8 SERVINGS PER PIZZA**

* This information is correct as from April 2010