

# NUTRITIONAL INFORMATION- BIG TASTE PUFF– JAN 2010

## PUFF

<b>CHICKEN ITALIANO</b>	Average Quantity per Serving 78g	Average Quantity per 100g
<b>Energy</b>	847kJ (202Cal)	1090kJ (259Cal)
<b>Protein</b>	8.3g	10.6g
<b>Fat, Total</b>	12.1g	15.6g
- Saturated	5.6g	7.1g
- Trans	0.6g	0.7g
<b>Carbohydrate</b>	14.5g	18.5g
- Sugars	1.8g	2.3g
<b>Sodium</b>	360mg	462mg
<b>CHICKEN MONACO</b>	Average Quantity per Serving 76g	Average Quantity per 100g
<b>Energy</b>	757kJ (181Cal)	995kJ (238Cal)
<b>Protein</b>	7.7g	10.2g
<b>Fat, Total</b>	10.0g	13.1g
- Saturated	5.1g	6.7g
- Trans	0.6g	0.8g
<b>Carbohydrate</b>	14.5g	19.1g
- Sugars	1.9g	2.5g
<b>Sodium</b>	308mg	405mg
<b>BBQ CHICKEN &amp; BACON</b>	Average Quantity per Serving 77g	Average Quantity per 100g
<b>Energy</b>	919kJ (220Cal)	1190kJ (285Cal)
<b>Protein</b>	9.3g	12.0g
<b>Fat, Total</b>	12.8g	16.6g
- Saturated	6.2g	8.1g
- Trans	0.6g	0.8g
<b>Carbohydrate</b>	16.5g	21.4g
- Sugars	3.5g	4.6g
<b>Sodium</b>	490mg	635mg
<b>CREAMY CHICKEN &amp; CHERRY TOMATO</b>	Average Quantity per Serving 74g	Average Quantity per 100g
<b>Energy</b>	886kJ (212Cal)	1190kJ (285Cal)
<b>Protein</b>	8.4g	11.3g
<b>Fat, Total</b>	13.4g	18.0g
- Saturated	6.6g	8.9g
- Trans	0.6g	0.7g
<b>Carbohydrate</b>	14.1g	19.0g
- Sugars	1.3g	1.7g
<b>Sodium</b>	390mg	525mg
<b>FIRE BREATHER</b>	Average Quantity per Serving 78g	Average Quantity per 100g
<b>Energy</b>	799kJ (191Cal)	1030kJ (246Cal)
<b>Protein</b>	8.6g	11.1g
<b>Fat, Total</b>	10.7g	13.8g
- Saturated	5.5g	7.0g
- Trans	0.6g	0.8g
<b>Carbohydrate</b>	14.9g	19.2g
- Sugars	1.6g	2.1g
<b>Sodium</b>	514mg	663mg

\* 8 SERVINGS PER PIZZA

<b>7 MEATS</b>	Average Quantity per Serving 70g	Average Quantity per 100g
<b>Energy</b>	858kJ (205Cal)	1220kJ (292Cal)
<b>Protein</b>	9.5g	13.6g
<b>Fat, Total</b>	12.1g	17.2g
<b>- Saturated</b>	5.6g	8.0g
<b>- Trans</b>	0.5g	0.8g
<b>Carbohydrate</b>	14.3g	20.3g
<b>- Sugars</b>	3.1g	4.4g
<b>Sodium</b>	545mg	778mg
<b>ITALIAN MEAT</b>	Average Quantity per Serving 77g	Average Quantity per 100g
<b>Energy</b>	924kJ (221Cal)	1200kJ (287Cal)
<b>Protein</b>	9.6g	12.4g
<b>Fat, Total</b>	13.4g	17.4g
<b>- Saturated</b>	6.5g	8.4g
<b>- Trans</b>	0.6g	0.8g
<b>Carbohydrate</b>	14.9g	19.3g
<b>- Sugars</b>	1.8g	2.3g
<b>Sodium</b>	550mg	714mg
<b>GARLIC PRAWN</b>	Average Quantity per Serving 70g	Average Quantity per 100g
<b>Energy</b>	784kJ (187Cal)	1120kJ (267Cal)
<b>Protein</b>	8.6g	12.3g
<b>Fat, Total</b>	10.6g	15.1g
<b>- Saturated</b>	5.6g	8.0g
<b>- Trans</b>	0.6g	0.8g
<b>Carbohydrate</b>	13.7g	19.5g
<b>- Sugars</b>	1.1g	1.6g
<b>Sodium</b>	257mg	366mg
<b>CHILLI PRAWN</b>	Average Quantity per Serving 60g	Average Quantity per 100g
<b>Energy</b>	725kJ (173Cal)	1210kJ (290Cal)
<b>Protein</b>	8.3g	13.9g
<b>Fat, Total</b>	9.2g	15.4g
<b>- Saturated</b>	4.7g	7.9g
<b>- Trans</b>	0.6g	1.0g
<b>Carbohydrate</b>	13.6g	22.8g
<b>- Sugars</b>	1.3g	2.1g
<b>Sodium</b>	221mg	371mg
<b>CHICKEN &amp; FETA</b>	Average Quantity per Serving 67g	Average Quantity per 100g
<b>Energy</b>	804kJ (192Cal)	1210kJ (289Cal)
<b>Protein</b>	7.6g	11.5g
<b>Fat, Total</b>	11.5g	17.3g
<b>- Saturated</b>	5.7g	8.5g
<b>- Trans</b>	0.6g	0.9g
<b>Carbohydrate</b>	13.9g	20.9g
<b>- Sugars</b>	1.2g	1.8g
<b>Sodium</b>	314mg	473mg
<b>SPINACH &amp; FETA</b>	Average Quantity per Serving 67g	Average Quantity per 100g
<b>Energy</b>	845kJ (202Cal)	1260kJ (301Cal)
<b>Protein</b>	8.0g	12.0g
<b>Fat, Total</b>	12.4g	18.5g
<b>- Saturated</b>	6.7g	10.0g
<b>- Trans</b>	0.6g	0.9g
<b>Carbohydrate</b>	13.8g	20.5g
<b>- Sugars</b>	1.2g	1.8g
<b>Sodium</b>	358mg	533mg

<b>CHICKEN PESTO</b>	Average Quantity per Serving 77g	Average Quantity per 100g
<b>Energy</b>	847kJ (202Cal)	1100kJ (263Cal)
<b>Protein</b>	8.4g	10.9g
<b>Fat, Total</b>	12.3g	16.0g
- Saturated	5.8g	7.6g
- Trans	0.7g	0.6g
<b>Carbohydrate</b>	14.2g	18.5g
- Sugars	1.3g	1.6g
<b>Sodium</b>	344mg	447mg
<b>THE LOT</b>	Average Quantity per Serving 81g	Average Quantity per 100g
<b>Energy</b>	851kJ (203Cal)	1050kJ (250Cal)
<b>Protein</b>	8.2g	10.1g
<b>Fat, Total</b>	12.0g	14.7g
- Saturated	5.8g	7.1g
- Trans	0.6g	0.7g
<b>Carbohydrate</b>	15.6g	19.2g
- Sugars	2.2g	2.7g
<b>Sodium</b>	428mg	525mg
<b>STREAKY SMOKY MEATBALL &amp; BACON</b>	Average Quantity per Serving 79g	Average Quantity per 100g
<b>Energy</b>	949kJ (227Cal)	1200kJ (286Cal)
<b>Protein</b>	9.9g	12.5g
<b>Fat, Total</b>	13.7g	17.3g
- Saturated	6.9g	8.6g
- Trans	0.7g	0.9g
<b>Carbohydrate</b>	15.7g	19.8g
- Sugars	2.3g	2.9g
<b>Sodium</b>	496mg	625mg
<b>STREAKY SMOKY BACON &amp; MUSHROOM</b>	Average Quantity per Serving 74g	Average Quantity per 100g
<b>Energy</b>	870kJ (208Cal)	1170kJ (279Cal)
<b>Protein</b>	7.7g	10.3g
<b>Fat, Total</b>	13.0g	17.5g
- Saturated	5.7g	7.7g
- Trans	0.6g	0.8g
<b>Carbohydrate</b>	14.5g	19.6g
- Sugars	2.1g	2.8g
<b>Sodium</b>	430mg	579mg

**\* 8 SERVINGS PER PIZZA**