

NUTRITIONAL INFORMATION- TRADITIONAL PUFF- JAN 2010

PUFF

MEATOSAURUS	Average Quantity per Serving 69g	Average Quantity per 100g				
Energy	900kJ (215Cal)	1310kJ (313Cal)				
Protein	8.6g	12.6g				
Fat, Total	12.3g	17.9g				
- Saturated	6.3g	9.1g				
- Trans	0.7g	1.0g				
Carbohydrate	17.0g	24.7g				
- Sugars	3.2g	4.7g				
Sodium	502mg	730mg				
SUPREME	Average Quantity per Serving 71g	Average Quantity per 100g				
Energy	785kJ (188Cal)	1110kJ (264Cal)				
Protein	7.5g	10.6g				
Fat, Total	10.7g	15.1g				
- Saturated	5.6g	8.0g				
- Trans	0.6g	0.9g				
Carbohydrate	15.0g	21.2g				
- Sugars	2.1g	3.0g				
Sodium	355mg	501mg				
VEGORAMA	Average Quantity per Serving 71g	Average Quantity per 100g				
Energy	766kJ (183Cal)	1080kJ (259Cal)				
Protein	6.5g	9.2g				
Fat, Total	10.5g	14.8g				
- Saturated	4.8g	6.8g				
- Trans	0.6g	0.9g				
Carbohydrate	15.2g	21.5g				
- Sugars	2.2g	3.1g				
Sodium	312mg	442mg				
DOUBLE BACON CHEESEBURGER	Average Quantity per Serving 75g	Average Quantity per 100g				
Energy	992kJ (237Cal)	1320kJ (316Cal)				
Protein	9.3g	12.3g				
Fat, Total	14.3g	19.1g				
- Saturated	6.8g	9.1g				
- Trans	0.7g	0.9g				
Carbohydrate	17.7g	23.6g				
- Sugars	4.1g	5.4g				
Sodium	580mg	773mg				

* 8 SERVINGS PER PIZZA

PUFF

CAPRICIOSA	Average Quantity per Serving 67g	Average Quantity per 100g				
Energy	773kJ (185Cal)	1150kJ (274Cal)				
Protein	7.4g	11.0g				
Fat, Total	10.7g	15.9g				
- Saturated	4.8g	7.1g				
- Trans	0.6g	0.9g				
Carbohydrate	14.2g	21.1g				
- Sugars	1.4g	2.1g				
Sodium	370mg	550mg				
THE GODFATHER	Average Quantity per Serving 70g	Average Quantity per 100g				
Energy	822kJ (196Cal)	1180kJ (282Cal)				
Protein	6.9g	9.9g				
Fat, Total	11.8g	16.9g				
- Saturated	5.0g	7.2g				
- Trans	0.6g	0.9g				
Carbohydrate	15.2g	21.9g				
- Sugars	2.1g	3.0g				
Sodium	380mg	546mg				
AUSSIE BACON RASHER	Average Quantity per Serving 74g	Average Quantity per 100g				
Energy	835kJ (200Cal)	1120kJ (268Cal)				
Protein	7.8g	10.4g				
Fat, Total	11.4g	15.3g				
- Saturated	5.7g	7.7g				
- Trans	0.6g	0.8g				
Carbohydrate	16.1g	21.6g				
- Sugars	3.4g	4.6g				
Sodium	417mg	560mg				

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