

## NUTRITIONAL INFORMATION- VALUE RANGE - PUFF- JAN 10

### PUFF

<b>SIMPLY CHEESE</b>	<b>Average Quantity per Serving 60g</b>	<b>Average Quantity per 100g</b>				
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				
<b>MARGARITA</b>	<b>Average Quantity per Serving 63g</b>	<b>Average Quantity per 100g</b>				
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				
<b>TONI PEPPERONI</b>	<b>Average Quantity per Serving 57g</b>	<b>Average Quantity per 100g</b>				
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				
<b>BEEF &amp; ONION</b>	<b>Average Quantity per Serving 67g</b>	<b>Average Quantity per 100g</b>				
Energy	825kJ (197Cal)	1220kJ (293Cal)				
Protein	7.4g	11.0g				
Fat, Total	10.9g	16.1g				
- Saturated	5.7g	8.4g				
- Trans	0.7g	1.0g				
Carbohydrate	17.4g	25.9g				
- Sugars	3.5g	5.1g				
Sodium	365mg	542mg				
<b>HAWAIIAN</b>	<b>Average Quantity per Serving 66g</b>	<b>Average Quantity per 100g</b>				
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

<b>TRIO OF VEGE</b>	<b>Average Quantity per Serving 60g</b>	<b>Average Quantity per 100g</b>				
<b>Energy</b>	667kJ (159Cal)	1120kJ (266Cal)				
<b>Protein</b>	6.2g	10.3g				
<b>Fat, Total</b>	8.6g	14.3g				
- Saturated	4.6g	7.6g				
- Trans	0.6g	1.0g				
<b>Carbohydrate</b>	13.7g	23.0g				
- Sugars	1.4g	2.4g				
<b>Sodium</b>	252mg	422mg				
<b>HAM &amp; CHEESE</b>	<b>Average Quantity per Serving 60g</b>	<b>Average Quantity per 100g</b>				
<b>Energy</b>	754kJ (180Cal)	1270kJ (302Cal)				
<b>Protein</b>	7.4g	12.4g				
<b>Fat, Total</b>	10.2g	17.0g				
- Saturated	5.2g	8.7g				
- Trans	0.6g	1.0g				
<b>Carbohydrate</b>	14.0g	23.4g				
- Sugars	1.5g	2.5g				
<b>Sodium</b>	397mg	667mg				

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