

NUTRITIONAL INFORMATION- OBS– APRIL 2010

Sweet Chilli Chicken	Average Quantity per Serving 309g	Average Quantity per 100g
Energy	2440kJ (583Cal)	790kJ (189Cal)
Protein	27.7g	9.0g
Fat, Total	27.0g	8.8g
- Saturated	11.9g	3.8g
- Trans	0.4g	0.1g
Carbohydrate	54.8g	17.7g
- Sugars	11.6g	3.8g
Sodium	1140mg	370mg
Meatball in Tomato Sauce	Average Quantity per Serving 247g	Average Quantity per 100g
Energy	2510kJ (600Cal)	1020kJ (243Cal)
Protein	22.9g	9.3g
Fat, Total	27.5g	11.1g
- Saturated	12.4g	5.0g
- Trans	0.4g	0.2g
Carbohydrate	67.1g	27.2g
- Sugars	6.6g	2.7g
Sodium	958mg	388mg
Chicken Delight	Average Quantity per Serving 261g	Average Quantity per 100g
Energy	1720kJ (412Cal)	660kJ (158Cal)
Protein	26.1g	10.0g
Fat, Total	7.3g	2.8g
- Saturated	5.3g	2.0g
- Trans	0.1g	less than 0.1g
Carbohydrate	62.2g	23.8g
- Sugars	4.5g	1.7g
Sodium	704mg	269mg
Beef & Bacon Rasher	Average Quantity per Serving 381g	Average Quantity per 100g
Energy	4180kJ (998Cal)	1100kJ (262Cal)
Protein	44.6g	11.7g
Fat, Total	58.7g	15.4g
- Saturated	27.3g	7.2g
- Trans	1.7g	0.4g
Carbohydrate	77.6g	20.3g
- Sugars	10.0g	2.6g
Sodium	2010mg	528mg
Italian Pizza	Average Quantity per Serving 286g	Average Quantity per 100g
Energy	2970kJ (709Cal)	1040kJ (248Cal)
Protein	29.2g	10.2g
Fat, Total	38.8g	13.6g
- Saturated	16.4g	5.8g
- Trans	0.7g	0.3g
Carbohydrate	62.4g	21.8g
- Sugars	4.9g	1.7g
Sodium	1150mg	403mg

* This information is correct as from April 2010