

NUTRITIONAL INFORMATION- OBS– JAN 2010

Sweet Chilli Chicken	Average Quantity per Serving 305g	Average Quantity per 100g
Energy	2270kJ (543Cal)	747kJ (178Cal)
Protein	26.8g	8.8g
Fat, Total	22.9g	7.5g
- Saturated	11.8g	3.9g
- Trans	0.3g	0.1g
Carbohydrate	55.4g	18.2g
- Sugars	11.7g	3.8g
Sodium	945mg	310mg
Meatball in Tomato Sauce	Average Quantity per Serving 287g	Average Quantity per 100g
Energy	3050kJ (728Cal)	1060kJ (254Cal)
Protein	34.7g	12.1g
Fat, Total	41.2g	14.4g
- Saturated	20.2g	7.1g
- Trans	1.4g	0.5g
Carbohydrate	54.6g	19.0g
- Sugars	5.2g	1.8g
Sodium	1460mg	510mg
Chicken Delight	Average Quantity per Serving 261g	Average Quantity per 100g
Energy	1430kJ (342Cal)	547kJ (131Cal)
Protein	20.6g	7.9g
Fat, Total	8.2g	3.1g
- Saturated	4.9g	1.9g
- Trans	less than 0.1g	less than 0.1g
Carbohydrate	45.4g	17.4g
- Sugars	2.9g	1.1g
Sodium	729mg	279mg
Tomato Spinach & Bacon	Average Quantity per Serving 246g	Average Quantity per 100g
Energy	2110kJ (505Cal)	859kJ (205Cal)
Protein	23.4g	9.5g
Fat, Total	26.1g	10.6g
- Saturated	14.7g	6.0g
- Trans	0.4g	0.2g
Carbohydrate	42.7g	17.4g
- Sugars	2.1g	0.8g
Sodium	1140mg	463mg
Italian Pizza	Average Quantity per Serving 281g	Average Quantity per 100g
Energy	2480kJ (591Cal)	880kJ (210Cal)
Protein	24.6g	8.8g
Fat, Total	33.9g	12.1g
- Saturated	15.8g	5.6g
- Trans	0.3g	0.1g
Carbohydrate	45.3g	16.1g
- Sugars	3.3g	1.2g
Sodium	1040mg	369mg