

NUTRITIONAL INFORMATION- PASTA BOWLS & BOXES AU- APRIL 2010

PASTA BOWL- CHICKEN CARBONARA	Average Quantity per Serving 352g	Average Quantity per 100g
Energy	3670kJ (878Cal)	1040kJ (249Cal)
Protein	27.3g	7.8g
Fat, Total	46.8g	13.3g
- Saturated	26.7g	7.6g
- Trans	1.8g	0.5g
Carbohydrate	84.0g	23.9g
- Sugars	4.1g	1.2g
Sodium	1450mg	412mg
PASTA BOWL- BOLOGNESE	Average Quantity per Serving 335g	Average Quantity per 100g
Energy	3380kJ (808Cal)	1010kJ (241Cal)
Protein	30.1g	9.0g
Fat, Total	35.2g	10.5g
- Saturated	17.1g	5.1g
- Trans	2.1g	0.6g
Carbohydrate	92.7g	27.7g
- Sugars	13.3g	4.0g
Sodium	1790mg	535mg
PASTA BOWL CHICKEN PESTO	Average Quantity per Serving 424g	Average Quantity per 100g
Energy	4520kJ (1080Cal)	1070kJ (255Cal)
Protein	31.0g	7.3g
Fat, Total	60.1g	14.2g
- Saturated	28.7g	6.8g
- Trans	2.1g	0.5g
Carbohydrate	101g	23.7g
- Sugars	5.8g	1.4g
Sodium	1680mg	395mg
PASTA BOWL- CHICKEN & FETA	Average Quantity per Serving 424g	Average Quantity per 100g
Energy	4180kJ (999Cal)	986kJ (236Cal)
Protein	34.1g	8.1g
Fat, Total	47.9g	11.3g
- Saturated	17.0g	4.0g
- Trans	1.8g	0.4g
Carbohydrate	102g	24.1g
- Sugars	9.0g	2.1g
Sodium	1840mg	434mg

PASTA BOWL- PRAWN MARINARA	Average Quantity per Serving 353g	Average Quantity per 100g
Energy	3620kJ (864Cal)	1020kJ (245Cal)
Protein	27.6g	7.8g
Fat, Total	46.9g	13.3g
- Saturated	16.8g	4.8g
- Trans	1.4g	0.4g
Carbohydrate	78.6g	22.3g
- Sugars	4.7g	1.3g
Sodium	868mg	246mg
PASTA BOX- CHICKEN CARBONARA	Average Quantity per Serving 344g	Average Quantity per 100g
Energy	3030kJ (724Cal)	881kJ (210Cal)
Protein	25.9g	7.5g
Fat, Total	37.1g	10.8g
- Saturated	22.5g	6.5g
- Trans	0.8g	0.2g
Carbohydrate	68.3g	19.9g
- Sugars	2.1g	0.6g
Sodium	1330mg	386mg
PASTA BOX - BOLOGNESE	Average Quantity per Serving 328g	Average Quantity per 100g
Energy	2710kJ (646Cal)	825kJ (197Cal)
Protein	28.7g	8.8g
Fat, Total	23.5g	7.2g
- Saturated	11.1g	3.4g
- Trans	1.1g	0.3g
Carbohydrate	79.6g	24.3g
- Sugars	12.9g	3.9g
Sodium	1700mg	519mg
PASTA BOX- CHICKEN & FETA	Average Quantity per Serving 352g	Average Quantity per 100g
Energy	2800kJ (668Cal)	795kJ (190Cal)
Protein	27.2g	7.7g
Fat, Total	28.4g	8.1g
- Saturated	7.9g	2.2g
- Trans	0.5g	0.1g
Carbohydrate	70.9g	20.2g
- Sugars	5.9g	1.7g
Sodium	1410mg	402mg

PASTA BOX – CHICKEN PESTO	Average Quantity per Serving 352g	Average Quantity per 100g
Energy	3200kJ (765Cal)	910kJ (217Cal)
Protein	25.0g	7.1g
Fat, Total	41.6g	11.8g
- Saturated	20.1g	5.7g
- Trans	0.8g	0.2g
Carbohydrate	70.0g	19.9g
- Sugars	3.0g	0.8g
Sodium	1300mg	370mg

PASTA BOX- PRAWN MARINARA	Average Quantity per Serving 368g	Average Quantity per 100g
Energy	3080kJ (736Cal)	837kJ (200Cal)
Protein	26.1g	7.1g
Fat, Total	37.5g	10.2g
- Saturated	10.9g	3.0g
- Trans	less than 0.1g	less than 0.1g
Carbohydrate	67.8g	18.4g
- Sugars	4.7g	1.3g
Sodium	670mg	182mg

* This information is correct as from April 2010