

NUTRITIONAL INFORMATION- PASTA BOWLS & BOXES AU- JAN 2010

PASTA BOWL- CHICKEN CARBONARA	Average Quantity per Serving 352g	Average Quantity per 100g
Energy	3580kJ (856Cal)	1020kJ (243Cal)
Protein	26.5g	7.5g
Fat, Total	44.8g	12.7g
- Saturated	24.3g	6.9g
- Trans	1.2g	0.3g
Carbohydrate	83.3g	23.7g
- Sugars	6.1g	1.7g
Sodium	1480mg	420mg
PASTA BOWL- NEOPOLITANA	Average Quantity per Serving 335g	Average Quantity per 100g
Energy	3240kJ (775Cal)	968kJ (231Cal)
Protein	25.6g	7.7g
Fat, Total	34.1g	10.2g
- Saturated	14.8g	4.4g
- Trans	1.9g	0.6g
Carbohydrate	88.2g	26.3g
- Sugars	6.1g	1.8g
Sodium	1240mg	369mg
PASTA BOWL- CHICKEN PRIMAVERA	Average Quantity per Serving 385g	Average Quantity per 100g
Energy	3300kJ (788Cal)	857kJ (205Cal)
Protein	23.9g	6.2g
Fat, Total	37.5g	9.8g
- Saturated	21.3g	5.5g
- Trans	1.1g	0.3g
Carbohydrate	84.4g	21.9g
- Sugars	7.0g	1.8g
Sodium	1120mg	291mg
PASTA BOWL- CHICKEN & FETA	Average Quantity per Serving 424g	Average Quantity per 100g
Energy	4160kJ (994Cal)	981kJ (234Cal)
Protein	31.8g	7.5g
Fat, Total	47.8g	11.3g
- Saturated	16.8g	4.0g
- Trans	1.9g	0.4g
Carbohydrate	104g	24.4g
- Sugars	9.6g	2.3g
Sodium	1730mg	409mg

PASTA BOWL- PRAWN MARINARA	Average Quantity per Serving 353g	Average Quantity per 100g
Energy	3600kJ (860Cal)	1020kJ (244Cal)
Protein	25.0g	7.1g
Fat, Total	46.7g	13.2g
- Saturated	15.9g	4.5g
- Trans	1.1g	0.3g
Carbohydrate	80.1g	22.7g
- Sugars	5.9g	1.7g
Sodium	816mg	231mg
PASTA BOX- CHICKEN CARBONARA	Average Quantity per Serving 344g	Average Quantity per 100g
Energy	2920kJ (697Cal)	848kJ (203Cal)
Protein	24.5g	7.1g
Fat, Total	34.8g	10.1g
- Saturated	19.6g	5.7g
- Trans	less than 0.1g	less than 0.1g
Carbohydrate	67.7g	19.7g
- Sugars	4.5g	1.3g
Sodium	1310mg	381mg
PASTA BOX- NEOPOLITANA	Average Quantity per Serving 328g	Average Quantity per 100g
Energy	2490kJ (595Cal)	760kJ (181Cal)
Protein	23.4g	7.1g
Fat, Total	21.7g	6.6g
- Saturated	8.3g	2.5g
- Trans	0.8g	0.2g
Carbohydrate	72.8g	22.2g
- Sugars	4.7g	1.4g
Sodium	1030mg	314mg
PASTA BOX- CHICKEN PRIMAVERA	Average Quantity per Serving 376g	Average Quantity per 100g
Energy	2620kJ (627Cal)	698kJ (167Cal)
Protein	21.9g	5.8g
Fat, Total	27.4g	7.3g
- Saturated	16.6g	4.4g
- Trans	less than 0.1g	less than 0.1g
Carbohydrate	68.5g	18.2g
- Sugars	5.4g	1.4g
Sodium	951mg	253mg

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
PASTA BOWL CHICKEN PESTO	Average Quantity per Serving 424g	Average Quantity per 100g
Energy	4390kJ (1050Cal)	1040kJ (247Cal)
Protein	28.8g	6.8g
Fat, Total	57.7g	13.6g
- Saturated	25.8g	6.1g
- Trans	1.4g	0.3g
Carbohydrate	99.8g	23.5g
- Sugars	8.0g	1.9g
Sodium	1680mg	397mg