

Chicken Kiev Bites

Total ingredient (raw) weight: 117.00 g
 Total (cooked) weight: 117.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	117.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1120 kJ	955 kJ
Protein	20.6 g	17.6 g
Fat, total	14.3 g	12.2 g
- saturated	8.6 g	7.4 g
Carbohydrate	13.4 g	11.5 g
- sugars	0.9 g	0.8 g
Sodium	170 mg	146 mg

**Contains Gluten and Dairy
 Egg, Soy, Nut FREE**

Ingredient name: Chicken, breast, lean, raw
 08C10218

Amount: 80.00 g

Energy: 438 kJ **Fat, total:** 1.6 g **Carbohydrate:** 0.0 g **Sodium:** 41 mg
Protein: 22.3 g **Fat saturated:** 0.5 g **Sugars:** 0.0 g

Ingredient name: Butter, no added salt
 04A10062

Amount: 15.00 g

Energy: 3036 kJ **Fat, total:** 81.5 g **Carbohydrate:** 0.0 g **Sodium:** 10 mg
Protein: 1.1 g **Fat saturated:** 53.8 g **Sugars:** 0.0 g

Ingredient name: Garlic, peeled, raw
 13A11102

Amount: 2.00 g

Energy: 526 kJ **Fat, total:** 2.8 g **Carbohydrate:** 10.2 g **Sodium:** 8 mg
Protein: 6.1 g **Fat saturated:** 0.7 g **Sugars:** 1.5 g

Ingredient name: Breadcrumbs, white, commercial
 02B10236

Amount: 20.00 g

Energy: 1504 kJ **Fat, total:** 3.6 g **Carbohydrate:** 66.2 g **Sodium:** 680 mg
Protein: 12.5 g **Fat saturated:** 0.8 g **Sugars:** 4.4 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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