

Chicken Kiev Sausages

Total ingredient (raw) weight: 1175.00 g
 Total (cooked) weight: 1175.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	10.00	
Serving size:	115.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	580 kJ	505 kJ
Protein	23.1 g	20.1 g
Fat, total	3.5 g	3.1 g
- saturated	1.1 g	0.9 g
Carbohydrate	3.6 g	3.1 g
- sugars	0.6 g	0.6 g
Sodium	63 mg	55 mg

PALEO
Preservative and Additive FREE
Gluten, Dairy, Egg, Soy, Nut FREE

Ingredient name: Chicken, breast, lean, skin & fat, raw
 08C10219

Amount: 1.00 kg

Energy: 484 kJ **Fat, total:** 3.0 g **Carbohydrate:** 0.0 g **Sodium:** 41 mg
Protein: 21.9 g **Fat saturated:** 1.0 g **Sugars:** 0.0 g

Ingredient name: Garlic, peeled, raw
 13A11102

Amount: 100.00 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: Parsley, dried
 13A11322

Amount: 50.00 g

Energy: 1130 kJ **Fat, total:** 6.3 g **Carbohydrate:** 11.7 g **Sodium:** 450 mg
Protein: 21.5 g **Fat saturated:** 0.3 g **Sugars:** 10.0 g

Ingredient name: Tapioca Starch (C)

Amount: 25.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 83.0 g **Sodium:** 1 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 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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