

# Chicken Kiev

Total ingredient (raw) weight: 320.00 g  
 Total (cooked) weight: 300.00 g  
 Weight change: -6.25 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	300.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2590 kJ	864 kJ
Protein	56.3 g	18.8 g
Fat, total	17.0 g	5.7 g
- saturated	6.3 g	2.1 g
Carbohydrate	57.4 g	19.1 g
- sugars	3.9 g	1.3 g
Sodium	7430 mg	2480 mg

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

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

**Amount:** 200.00 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:** Garlic, peeled, raw  
 13A11102

**Amount:** 5.00 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:** Margarine spread, catering, blend of animal & vegetable fats  
 04B20068

**Amount:** 15.00 g

**Energy:** 2614 kJ    **Fat, total:** 70.0 g    **Carbohydrate:** 0.8 g    **Sodium:** 1380 mg  
**Protein:** 0.6 g    **Fat saturated:** 31.1 g    **Sugars:** 0.8 g

**Ingredient name:** Breadcrumbs, fresh, from white bread  
 02B10066

**Amount:** 80.00 g

**Energy:** 1574 kJ    **Fat, total:** 3.7 g    **Carbohydrate:** 68.3 g    **Sodium:** 702 mg  
**Protein:** 14.1 g    **Fat saturated:** 0.7 g    **Sugars:** 4.6 g

**Ingredient name:** 'Egg Wash' (C)

**Amount:** 20.00 g

**Energy:** 188 kJ    **Fat, total:** 1.0 g    **Carbohydrate:** 10.6 g    **Sodium:** 32900 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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