

Chicken Mini Roasts - Hawaiian

Total ingredient (raw) weight: 200.00 g
 Total (cooked) weight: 180.00 g
 Weight change: -10.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1860 kJ	929 kJ
Protein	28.9 g	14.4 g
Fat, total	34.8 g	17.4 g
- saturated	14.0 g	7.0 g
Carbohydrate	4.2 g	2.1 g
- sugars	4.2 g	2.1 g
Sodium	446 mg	223 mg

Contains Dairy
Gluten, Egg, Nut, Soy FREE

Ingredient name: Chicken, thigh, lean, skin & fat, raw
 08C10235

Amount: 120.00 g

Energy: 940 kJ **Fat, total:** 18.3 g **Carbohydrate:** 0.0 g **Sodium:** 53 mg
Protein: 15.5 g **Fat saturated:** 5.6 g **Sugars:** 0.0 g

Ingredient name: Cheese, cream, light (fat approximately 15%)
 09B10142

Amount: 60.00 g

Energy: 794 kJ **Fat, total:** 15.0 g **Carbohydrate:** 4.6 g **Sodium:** 347 mg
Protein: 9.1 g **Fat saturated:** 9.6 g **Sugars:** 4.6 g

Ingredient name: Ham, leg, non-canned, lean
 08E30189

Amount: 10.00 g

Energy: 453 kJ **Fat, total:** 3.6 g **Carbohydrate:** 0.0 g **Sodium:** 1293 mg
Protein: 18.8 g **Fat saturated:** 1.3 g **Sugars:** 0.0 g

Ingredient name: Pineapple, canned in pineapple juice, drained
 06D10330

Amount: 10.00 g

Energy: 220 kJ **Fat, total:** 0.1 g **Carbohydrate:** 10.5 g **Sodium:** 4 mg
Protein: 0.5 g **Fat saturated:** 0.0 g **Sugars:** 10.5 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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