

Chicken Mini Roasts - Sage and Onion

Total ingredient (raw) weight: 220.00 g
 Total (cooked) weight: 190.00 g
 Weight change: -13.64 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	190.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2640 kJ	1390 kJ
Protein	30.5 g	16.0 g
Fat, total	24.0 g	12.6 g
- saturated	7.2 g	3.8 g
Carbohydrate	72.6 g	38.2 g
- sugars	6.8 g	3.6 g
Sodium	1970 mg	1040 mg

Contains Gluten
Dairy, Egg, Soy, Nut 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: Sage and Onion Stuffing (C)

Amount: 100.00 g

Energy: 1510 kJ **Fat, total:** 2.0 g **Carbohydrate:** 72.6 g **Sodium:** 1910 mg
Protein: 11.9 g **Fat saturated:** 0.5 g **Sugars:** 6.8 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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