

Chicken Parmigiana Rissoles

Total ingredient (raw) weight: 1182.00 g
 Total (cooked) weight: 1182.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	6.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	973 kJ	487 kJ
Protein	37.8 g	18.9 g
Fat, total	6.0 g	3.0 g
- saturated	3.0 g	1.5 g
Carbohydrate	5.4 g	2.7 g
- sugars	0.7 g	0.3 g
Sodium	457 mg	228 mg

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

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

Amount: 910.00 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: gluten free bread crumb (C)

Amount: 60.00 g

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

Ingredient name: Flour, rice, white
 02A20058

Amount: 30.00 g

Energy: 1528 kJ **Fat, total:** 1.4 g **Carbohydrate:** 80.7 g **Sodium:** 2 mg
Protein: 5.7 g **Fat saturated:** 0.3 g **Sugars:** 0.5 g

Ingredient name: Salt, flavoured, non-iodised
 10F60063

Amount: 5.00 g

Energy: 0 kJ **Fat, total:** 0.0 g **Carbohydrate:** 0.0 g **Sodium:** 27462 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 g

Ingredient name: Parsley, dried
 13A11322

Amount: 2.00 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: Onion, mature, white skinned, peeled, raw
 13A11119

Amount: 60.00 g

Energy: 137 kJ **Fat, total:** 0.1 g **Carbohydrate:** 4.8 g **Sodium:** 14 mg
Protein: 1.7 g **Fat saturated:** 0.0 g **Sugars:** 4.8 g

Ingredient name: Garlic, peeled, raw
 13A11102

Amount: 45.00 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: Cheese, cheddar, processed
 09B10134

Amount: 70.00 g

Energy: 1381 kJ **Fat, total:** 27.5 g **Carbohydrate:** 0.1 g **Sodium:** 1331 mg
Protein: 20.9 g **Fat saturated:** 18.6 g **Sugars:** 0.1 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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