

# Herb and Garlic Chicken Tenderloins

Total ingredient (raw) weight: 125.00 g  
 Total (cooked) weight: 125.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	125.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	957 kJ	766 kJ
Protein	22.9 g	18.3 g
Fat, total	3.0 g	2.4 g
- saturated	0.7 g	0.5 g
Carbohydrate	27.2 g	21.8 g
- sugars	3.5 g	2.8 g
Sodium	2420 mg	1930 mg

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

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

**Amount:** 80.00 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:** Breadcrumbs, fresh, from white bread  
 02B10066

**Amount:** 30.00 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:** 5.00 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

**Ingredient name:** Herb and Garlic Sprinkle (C)

**Amount:** 10.00 g

**Energy:** 1250 kJ    **Fat, total:** 5.1 g    **Carbohydrate:** 62.2 g    **Sodium:** 5280 mg  
**Protein:** 7.9 g    **Fat saturated:** 0.5 g    **Sugars:** 21.5 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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