

Chicken Parcels

Total ingredient (raw) weight: 4200.00 g
 Total (cooked) weight: 4200.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	778 kJ	778 kJ
Protein	27.3 g	27.3 g
Fat, total	6.7 g	6.7 g
- saturated	3.7 g	3.7 g
Carbohydrate	3.3 g	3.3 g
- sugars	2.3 g	2.3 g
Sodium	350 mg	350 mg

Ingredient name: Chicken, breast, lean, dry fried
08C10395

Amount: 2.40 kg

Energy: 681 kJ **Fat, total:** 2.0 g **Carbohydrate:** 0.7 g **Sodium:** 54 mg
Protein: 35.0 g **Fat saturated:** 0.6 g **Sugars:** 0.7 g

Ingredient name: Bacon, middle rasher, lean, raw
08E30293

Amount: 600.00 g

Energy: 573 kJ **Fat, total:** 5.5 g **Carbohydrate:** 0.4 g **Sodium:** 1500 mg
Protein: 21.3 g **Fat saturated:** 2.0 g **Sugars:** 0.4 g

Ingredient name: Cheese, cheddar, regular fat
09B10155

Amount: 600.00 g

Energy: 1661 kJ **Fat, total:** 32.8 g **Carbohydrate:** 0.5 g **Sodium:** 684 mg
Protein: 24.6 g **Fat saturated:** 21.6 g **Sugars:** 0.4 g

Ingredient name: Garlic, dried, powder or flakes
13A11377

Amount: 100.00 g

Energy: 1461 kJ **Fat, total:** 0.8 g **Carbohydrate:** 62.8 g **Sodium:** 26 mg
Protein: 16.8 g **Fat saturated:** 0.2 g **Sugars:** 24.3 g

Ingredient name: Tomato paste, no added salt
13A11265

Amount: 500.00 g

Energy: 296 kJ **Fat, total:** 0.3 g **Carbohydrate:** 10.4 g **Sodium:** 54 mg
Protein: 3.1 g **Fat saturated:** 0.1 g **Sugars:** 9.9 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

Printed: 16:53 Monday, 1 April 2019