

Chicken Breast Schnitzels

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	956 kJ	765 kJ
Protein	22.8 g	18.3 g
Fat, total	2.7 g	2.2 g
- saturated	0.7 g	0.6 g
Carbohydrate	26.7 g	21.4 g
- sugars	1.8 g	1.4 g
Sodium	1700 mg	1360 mg

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, white, commercial
02B10236

Amount: 40.00 g

Energy: 1504 kJ **Fat, total:** 3.6 g **Carbohydrate:** 66.2 g **Sodium:** 680 mg
Protein: 12.5 g **Fat saturated:** 0.8 g **Sugars:** 4.4 g

Ingredient name: 'Egg' Wash, Gluten Free (C)

Amount: 5.00 g

Energy: 79 kJ **Fat, total:** 0.0 g **Carbohydrate:** 4.6 g **Sodium:** 27956 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 0.0 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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