

BOWL'D - Eat The Med LTO Per 100G



All nutritional information supplied has been rounded to the nearest 1 decimal point. All nutritional's are provided directly from our manufacturers. Whilst we take care to ensure all nutritional values are as accurate as possible, as per FSANZ guidelines please allow for a variation of up to 10% (higher or lower) than provided.

PROTEIN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Chicken Breast	413.0	98.8	18.5	2.3	1.0	1.0	1.0	150.0
Lamb Bites	900.0	215.3	17.0	3.4	6.7	6.8	0.5	600.0
FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Broccoli	125.0	29.9	4.4	0.3	0.0	0.4	0.4	22.0
Garlic Butter	2650.0	634.0	0.1	71.0	25.0	0.1	0.1	790.0
Greek Style Cheese (NZ Feta Cheese)	870.0	208.1	15.0	16.0	9.2	2.5	1.4	1400.0
Pickled Red Onion	143.0	34.2	7.7	0.2	0.0	9.1	9.1	108.0
Rice (Cooked)	753.0	180.1	3.0	0.5	0.5	42.0	0.5	4.0
Seed Mix	6595.0	1577.8	68.5	130.5	8.1	25.5	4.8	40.0
Sliced Olives	962.0	230.1	1.8	20.0	3.0	10.0	0.0	1350.0
Spinach	83.0	19.9	2.6	0.3	0.1	0.7	0.7	23.0
SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Schug Sauce	539.3	129.0	1.9	9.6	1.4	8.3	5.7	790.0

