

Sweet Sriracha Chicken Parma - BOWL'D

Nutritional Information Per 100g

BOWL'D

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

PROTIEN	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Chicken Schnitzel	964.0	230.6	12.6	13.7	2.4	14.0	1.0	361.0
FILLINGS	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Rice (Cooked)	753.0	180.1	3.0	0.5	0.5	42.0	0.5	4.0
Garlic Butter	2650.0	634.0	0.1	71.0	25.0	0.1	0.1	790.0
Broccoli	125.0	29.9	4.4	0.3	0.0	0.4	0.4	22.0
Spinach	83.0	19.9	2.6	0.3	0.1	0.7	0.7	23.0
Pickled Red Onion	143.0	34.2	7.7	0.2	0.0	9.1	9.1	108.0
Cheese – Parmesan	1540.0	368.4	33.3	25.4	16.8	1.0	1.0	708.0
Pita Chips	1160.0	277.5	9.9	1.5	0.4	55.3	2.8	360.3
Garlic & Herb Seasoning	514.0	123.0	4.2	1.0	0.0	23.8	12.8	26080.0
Salt & Pepper	578.5	138.4	5.2	1.7	0.7	19.4	0.3	19510.0
SAUCE	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
Sriracha Honey	582.0	139.2	1.0	1.0	1.0	33.0	29.3	951.0
Cheese Sauce	762.0	182.0	5.8	14.8	9.8	6.6	3.5	695.0

