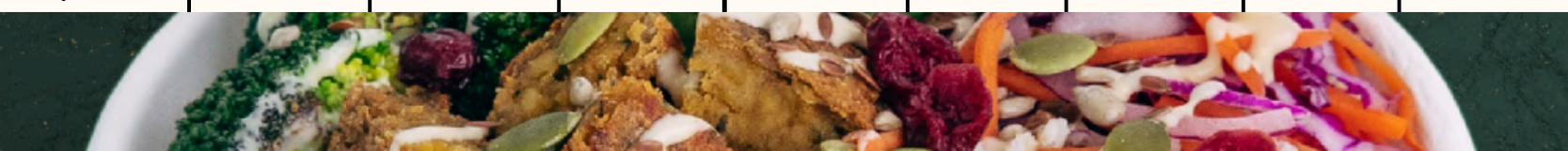
BOWL'D Nutrition Per 100G

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
Crumbed Chicken	964.0	230.6	12.6	13.7	2.4	14.0	1.0	361.0
Falafel	663.0	158.6	8.0	33.8	19.9	2.4	2.4	127.0
Steak	527.0	126.1	15.4	5.7	2.8	0.6	0.1	818.0
Chicken Tenders	495.0	118.4	22.6	3.0	1.0	1.0	0.1	260.0
Egg	596.0	142.6	12.8	10.1	3.1	0.3	0.3	133.0
Fluffy Egg	1472.3	352.2	10.5	33.8	19.9	2.4	2.4	127.0
Halloumi	1331.0	318.4	22.0	25.0	16.0	1.9	1.6	2600.0
Prawns	300.0	71.8	18.5	0.5	0.0	0.0	0.0	1.9
Black Bean Pattie	570.0	136.4	8.1	4.6	0.3	31.5	4.2	313.0
BASES	**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
FILLINGS	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Broccoli	1788.0	427.8	23.3	37.4	22.5	1.0	1.0	692.0
Cabbage Mix	251.0	60.0	1.0	10.0	1.6	14.0	8.0	203.0
Cauliflower	79.0	18.9	0.8	0.4	0.1	1.9	1.8	7.0
Cucumber	58.0	13.9	1.2	0.1	0.0	1.4	1.4	16.0
Edamame Beans	192.0	45.9	13.0	7.0	0.4	11.0	4.0	9.0
Greek Style Cheese (NZ Feta Cheese)	870.0	208.1	15.0	16.0	9.2	2.5	1.4	1400.0
Kimchi	197.0	47.1	2.3	1.0	0.3	7.0	0.1	754.0
Pickled Ginger	93.0	22.2	0.2	0.2	0.3	4.8	0.0	1236.0
Pickled Red Onion	1920.0	459.3	1.1	49.2	4.5	7.2	5.2	480.0
Red Onion	146.0	34.9	1.6	0.2	0.0	6.3	6.3	2.0
Avocado (Smashed)	786.0	188.0	1.4	17.2	4.2	6.8	0.0	59.0
Bean Mix	1000.0	239.2	27.5	7.5	0.5	35.2	4.8	329.0
Capsicum	85.0	20.3	0.9	0.2	0.0	2.5	2.8	0.0
Carrot	138.0	33.0	0.8	0.1	0.0	9.6	4.7	40.0
Cheddar Cheese	1780.0	425.8	23.8	35.5	21.1	1.0	1.0	750.0
Corn	482.0	115.3	2.6	1.0	0.2	23.6	2.6	2.2
Jalapeños	0.0	0.0	0.0	0.0	0.0	0.0	0.0	330.0
Lettuce	41.0	9.8	1.0	0.1	0.0	0.4	0.4	26.0
Mung Beans	92.0	22.0	1.9	0.2	0.0	9.0	2.8	25.0
Pickled Beetroot	224.0	53.6	7.8	0.2	0.0	9.8	9.8	134.0
Spinach	83.0	19.9	2.6	0.3	0.1	0.7	0.7	23.0



BOWL'D Nutrition 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.

SAUCES	ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	TOTAL FAT (G)	SAT FAT (G)	CARBS (G)	SUGAR (G)	SODIUM (MG)
BBQ	699.0	167.2	0.6	0.2	0.0	40.1	31.2	808.0
Cucumber Yoghurt	998.0	238.8	2.4	20.9	3.2	10.3	7.0	506.0
Hummus	807.0	193.1	6.1	11.2	1.0	14.4	3.0	414.0
Kewpie Mayo	3020.0	722.5	1.7	80.5	12.4	0.7	0.6	710.0
Korean BBQ	1020.0	244.0	1.8	15.7	2.3	23.0	19.4	1520.0
Teriyaki Sauce	717.0	171.5	1.9	4.7	0.7	30.3	25.6	1870.0
Toasted Sesame	1180.0	282.3	2.6	23.9	3.6	13.2	9.7	819.0
Habanero	441.0	105.5	1.5	1.3	0.1	22.4	16.9	536.0
Sour Cream	998.0	238.8	3.5	22.4	14.7	6.6	4.7	86.0
TOPPINGS	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Sumac	1382.0	330.6	4.1	8.9	1.0	47.5	1.0	2000.0
Black Sesame Seeds	2400.0	547.2	17.7	49.7	7.0	11.7	0.3	11.0
Chipotle	1339.0	320.3	12.2	10.3	1.7	36.8	14.5	70.0
Cranberries	1317.0	315.1	0.0	0.6	0.1	77.6	68.9	3.0
Seed Mix	6595.0	1577.8	68.5	130.5	8.1	25.5	4.8	40.0
White Sesame Seeds	2710.0	648.3	20.5	61.2	9.1	11.7	0.0	47.0