

Sweet Sriracha Chicken Parma - EGG'D

Nutritional Information Per 100g

EGG'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 |
| Egg – Scrambled (Fluffy) | 1472.3 | 352.2 | 10.5 | 33.8 | 19.9 | 2.4 | 2.4 | 127.0 |
| Egg – Whole | 596.0 | 142.6 | 12.8 | 10.1 | 3.1 | 0.3 | 0.3 | 133.0 |
| BREAD | ENERGY (KJ) | ENERGY (CAL) | PROTEIN (G) | TOTAL FAT (G) | SAT FAT (G) | CARBS (G) | SUGAR (G) | SODIUM (MG) |
| Brioche | 1500.0 | 358.9 | 11.6 | 13.2 | 8.0 | 46.0 | 9.1 | 463.0 |
| Plain Bagel | 1290.0 | 308.6 | 11.8 | 3.8 | 0.5 | 54.4 | 3.2 | 747.0 |
| Gluten Free Bun | 978.0 | 234.0 | 1.1 | 5.2 | 4.6 | 42.1 | 2.9 | 290.0 |
| FILLINGS | ENERGY (KJ) | ENERGY (CAL) | PROTEIN (G) | TOTAL FAT (G) | SAT FAT (G) | CARBS (G) | SUGAR (G) | SODIUM (MG) |
| Wedges | 640.0 | 153.1 | 2.5 | 5.7 | 0.5 | 21.5 | 0.3 | 275.0 |
| Spinach | 83.0 | 19.9 | 2.6 | 0.3 | 0.1 | 0.7 | 0.7 | 23.0 |
| Cheese Slice | 1788.0 | 427.8 | 23.3 | 37.4 | 22.5 | 1.0 | 1.0 | 692.0 |
| Cheese – Parmesan | 1540.0 | 368.4 | 33.3 | 25.4 | 16.8 | 1.0 | 1.0 | 708.0 |
| SAUCE | ENERGY (KJ) | ENERGY (CAL) | PROTEIN (G) | TOTAL FAT (G) | SAT FAT (G) | CARBS (G) | SUGAR (G) | SODIUM (MG) |
| Aioli | 1920.0 | 459.3 | 1.1 | 49.2 | 4.5 | 7.2 | 5.2 | 480.0 |
| Sriracha Honey | 582.0 | 139.2 | 1.0 | 1.0 | 1.0 | 33.0 | 29.3 | 951.0 |

