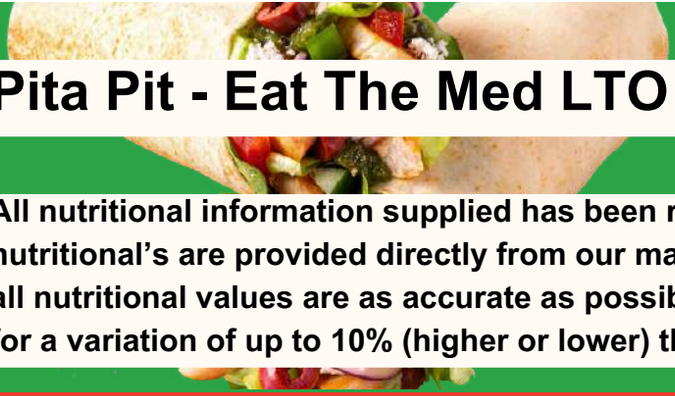
Pita Pit - Eat The Med LTO Per 100G



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
BREAD	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Gluten Free 12" Wraps	671.0	160.5	5.1	6.0	3.4	28.8	4.2	518.0
Plain Pita	1160.0	277.5	9.9	1.5	0.4	55.3	2.8	360.3
Wholemeal Pita	1110.0	265.6	9.6	1.5	0.4	52.4	2.3	310.0
FILLINGS	**ENERGY (KJ)**	**ENERGY (CAL)**	**PROTEIN (G)**	**TOTAL FAT (G)**	**SAT FAT (G)**	**CARBS (G)**	**SUGAR (G)**	**SODIUM (MG)**
Capsicum	85.0	20.3	0.9	0.2	0.0	2.5	2.8	0.0
Cucumber	58.0	13.9	1.2	0.1	0.0	1.4	1.4	16.0
Greek Style Cheese (NZ Feta Cheese)	870.0	208.1	15.0	16.0	9.2	2.5	1.4	1400.0
Lettuce	41.0	9.8	1.0	0.1	0.0	0.4	0.4	26.0
Red Onion	146.0	34.9	1.6	0.2	0.0	6.3	6.3	2.0
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
Tomato	78.0	18.7	1.0	0.1	0.0	2.4	2.2	8.0
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