

NUTRITIONAL INFORMATION- BIG TASTE ON PUFF BASES– NZ JAN 2010

APRICOT CHICKEN	Average Quantity per Serving 79g	Average Quantity per 100g
Energy	852kJ (203Cal)	1070kJ (257Cal)
Protein	8.6g	10.8g
Fat, Total	11.5g	14.5g
- Saturated	7.8g	9.9g
Carbohydrate	16.7g	21.1g
- Sugars	4.7g	5.9g
Sodium	304mg	384mg
BBQ CHICKEN & BACON	Average Quantity per Serving 104g	Average Quantity per 100g
Energy	1060kJ (254Cal)	1020kJ (243Cal)
Protein	12.4g	11.9g
Fat, Total	10.1g	9.7g
- Saturated	4.5g	4.4g
Carbohydrate	27.4g	26.2g
- Sugars	4.7g	4.5g
Sodium	587mg	562mg
CREAMY CHICKEN & CHERRY TOMATO	Average Quantity per Serving 82g	Average Quantity per 100g
Energy	851kJ (203Cal)	1040kJ (249Cal)
Protein	8.6g	10.6g
Fat, Total	13.0g	16.0g
- Saturated	8.6g	10.5g
Carbohydrate	13.0g	16.0g
- Sugars	1.3g	1.6g
Sodium	327mg	400mg
CHICKEN ITALIANO	Average Quantity per Serving 82g	Average Quantity per 100g
Energy	825kJ (197Cal)	1000kJ (240Cal)
Protein	9.2g	11.2g
Fat, Total	12.0g	14.6g
- Saturated	8.0g	9.7g
Carbohydrate	13.2g	16.1g
- Sugars	1.5g	1.8g
Sodium	333mg	405mg
FIRE EATER	Average Quantity per Serving 80g	Average Quantity per 100g
Energy	905kJ (216Cal)	1130kJ (271Cal)
Protein	8.4g	10.5g
Fat, Total	14.3g	17.9g
- Saturated	9.1g	11.3g
Carbohydrate	14.0g	17.6g
- Sugars	1.4g	1.8g
Sodium	528mg	661mg

* 8 SERVINGS PER PIZZA

CHICKEN & FETA	Average Quantity per Serving 67g	Average Quantity per 100g
Energy	857kJ (205Cal)	1270kJ (304Cal)
Protein	8.0g	11.8g
Fat, Total	13.6g	20.2g
- Saturated	8.3g	12.3g
Carbohydrate	12.9g	19.2g
- Sugars	1.2g	1.8g
Sodium	327mg	486mg
FUNKY CHICKEN	Average Quantity per Serving 80g	Average Quantity per 100g
Energy	897kJ (214Cal)	1110kJ (266Cal)
Protein	8.6g	10.7g
Fat, Total	13.1g	16.3g
- Saturated	8.1g	10.1g
Carbohydrate	15.8g	19.7g
- Sugars	3.5g	4.4g
Sodium	363mg	451mg
SUPER LOT	Average Quantity per Serving 80g	Average Quantity per 100g
Energy	905kJ (216Cal)	1130kJ (269Cal)
Protein	8.2g	10.2g
Fat, Total	14.0g	17.4g
- Saturated	8.8g	11.0g
Carbohydrate	14.7g	18.4g
- Sugars	2.1g	2.7g
Sodium	449mg	560mg
7 MEATS	Average Quantity per Serving 78g	Average Quantity per 100g
Energy	983kJ (235Cal)	1270kJ (303Cal)
Protein	10.0g	13.0g
Fat, Total	14.7g	19.0g
- Saturated	9.2g	11.9g
Carbohydrate	15.9g	20.5g
- Sugars	3.0g	3.8g
Sodium	573mg	739mg
SPINACH & FETA	Average Quantity per Serving 71g	Average Quantity per 100g
Energy	931kJ (222Cal)	1320kJ (315Cal)
Protein	8.4g	11.9g
Fat, Total	15.5g	22.0g
- Saturated	9.6g	13.6g
Carbohydrate	12.7g	17.9g
- Sugars	1.2g	1.7g
Sodium	348mg	493mg
CHILLI PRAWN	Average Quantity per Serving 66g	Average Quantity per 100g
Energy	887kJ (212Cal)	1340kJ (320Cal)
Protein	7.7g	11.6g
Fat, Total	12.3g	18.6g
- Saturated	7.6g	11.5g
Carbohydrate	12.6g	19.0g
- Sugars	1.3g	1.9g
Sodium	298mg	450mg
GARLIC PRAWN	Average Quantity per Serving 72g	Average Quantity per 100g
Energy	936kJ (223Cal)	1300kJ (312Cal)
Protein	7.9g	11.1g
Fat, Total	13.6g	18.9g
- Saturated	8.5g	11.8g
Carbohydrate	12.5g	17.5g
- Sugars	1.0g	1.4g
Sodium	271mg	378mg