

## NUTRITIONAL INFORMATION- PASTA BOWLS & BOXES NZ – JAN 2010

<b>PASTA BOWL- CHICKEN CARBONARA</b>	Average Quantity per Serving 328g	Average Quantity per 100g
<b>Energy</b>	4080kJ (974Cal)	1240kJ (297Cal)
<b>Protein</b>	28.6g	8.7g
<b>Fat, Total</b>	46.0g	14.0g
<b>- Saturated</b>	26.6g	8.1g
<b>Carbohydrate</b>	110g	33.6g
<b>- Sugars</b>	8.1g	2.5g
<b>Sodium</b>	1100mg	334mg
<b>PASTA BOWL- NEOPOLITANA</b>	Average Quantity per Serving 321g	Average Quantity per 100g
<b>Energy</b>	3850kJ (919Cal)	1200kJ (286Cal)
<b>Protein</b>	28.4g	8.9g
<b>Fat, Total</b>	38.3g	11.9g
<b>- Saturated</b>	18.4g	5.7g
<b>Carbohydrate</b>	113g	35.1g
<b>- Sugars</b>	7.6g	2.4g
<b>Sodium</b>	1200mg	374mg
<b>PASTA BOWL- CHICKEN PRIMAVERA</b>	Average Quantity per Serving 362g	Average Quantity per 100g
<b>Energy</b>	4000kJ (956Cal)	1110kJ (264Cal)
<b>Protein</b>	26.7g	7.4g
<b>Fat, Total</b>	44.4g	12.3g
<b>- Saturated</b>	25.9g	7.2g
<b>Carbohydrate</b>	110g	30.5g
<b>- Sugars</b>	9.0g	2.5g
<b>Sodium</b>	838mg	231mg

<b>PASTA BOWL- CHICKEN &amp; FETA</b>	Average Quantity per Serving 328g	Average Quantity per 100g
<b>Energy</b>	4030kJ (964Cal)	1230kJ (294Cal)
<b>Protein</b>	28.3g	8.6g
<b>Fat, Total</b>	43.8g	13.4g
<b>- Saturated</b>	17.4g	5.3g
<b>Carbohydrate</b>	111g	33.9g
<b>- Sugars</b>	9.6g	2.9g
<b>Sodium</b>	794mg	242mg
<b>PASTA BOWL- PRAWN MARINARA</b>	Average Quantity per Serving 353g	Average Quantity per 100g
<b>Energy</b>	4730kJ (1130Cal)	1340kJ (320Cal)
<b>Protein</b>	27.1g	7.7g
<b>Fat, Total</b>	55.5g	15.7g
<b>- Saturated</b>	21.0g	6.0g

<b>Carbohydrate</b>	109g	31.0g
<b>- Sugars</b>	8.0g	2.3g
<b>Sodium</b>	700mg	198mg

<b>PASTA BOX-CHICKEN CARBONARA</b>	Average Quantity per Serving 304g	Average Quantity per 100g
<b>Energy</b>	3610kJ (862Cal)	1190kJ (283Cal)
<b>Protein</b>	31.1g	10.2g
<b>Fat, Total</b>	25.0g	8.2g
<b>- Saturated</b>	15.3g	5.0g
<b>Carbohydrate</b>	125g	41.0g
<b>- Sugars</b>	7.9g	2.6g
<b>Sodium</b>	780mg	256mg
<b>PASTA BOX-NEOPOLITANA</b>	Average Quantity per Serving 296g	Average Quantity per 100g
<b>Energy</b>	3370kJ (804Cal)	1140kJ (272Cal)
<b>Protein</b>	30.9g	10.4g
<b>Fat, Total</b>	17.2g	5.8g
<b>- Saturated</b>	7.1g	2.4g
<b>Carbohydrate</b>	127g	42.9g
<b>- Sugars</b>	7.4g	2.5g
<b>Sodium</b>	880mg	297mg
<b>PASTA BOX-CHICKEN PRIMAVERA</b>	Average Quantity per Serving 337g	Average Quantity per 100g
<b>Energy</b>	3520kJ (840Cal)	1040kJ (249Cal)
<b>Protein</b>	29.1g	8.6g
<b>Fat, Total</b>	23.3g	6.9g
<b>- Saturated</b>	14.5g	4.3g
<b>Carbohydrate</b>	125g	37.0g
<b>- Sugars</b>	8.8g	2.6g
<b>Sodium</b>	517mg	153mg

<b>PASTA BOX-CHICKEN &amp; FETA</b>	Average Quantity per Serving 304g	Average Quantity per 100g
<b>Energy</b>	3560kJ (851Cal)	1170kJ (280Cal)
<b>Protein</b>	30.8g	10.1g
<b>Fat, Total</b>	22.9g	7.5g
<b>- Saturated</b>	6.1g	2.0g
<b>Carbohydrate</b>	126g	41.4g
<b>- Sugars</b>	9.4g	3.1g
<b>Sodium</b>	476mg	156mg

<b>PASTA BOX- PRAWN MARINARA</b>	Average Quantity per Serving 280g	Average Quantity per 100g
<b>Energy</b>	3350kJ (801Cal)	1200kJ (286Cal)
<b>Protein</b>	22.3g	8.0g
<b>Fat, Total</b>	33.4g	11.9g
<b>- Saturated</b>	9.4g	3.3g
<b>Carbohydrate</b>	81.6g	29.1g
<b>- Sugars</b>	7.2g	2.6g
<b>Sodium</b>	377mg	135mg