

L4 Orange Chicken Bento

Nutrition Information

Serving size: **330g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	469 kcal	142kcal
Protein	20.7 g	6.3 g
Total Fat	22.3 g	6.8 g
Saturated Fat	7.5 g	2.3 g
Trans Fat	0.0 g	0.0 g
Cholesterol	59 mg	18 mg
Carbohydrate	27.6 g	8.4 g
Total Sugar	8.5 g	2.6 g
Dietary Fibre	1.6 g	0.5 g
Sodium	577 mg	175 mg

L5 Orange Chicken Bento

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	319 kcal	106 kcal
Protein	23.8 g	7.9 g
Total Fat	10.6 g	3.5 g
Saturated Fat	3.6 g	1.2 g
Trans Fat	0.0 g	0.0g
Cholesterol	68 mg	23 mg
Carbohydrate	30.7 g	10.2 g
Total Sugar	9.8 g	3.3 g
Dietary Fibre	2.2 g	0.7 g
Sodium	466 mg	155 mg