

# Chrysanthemum Pear Purée

## Nutrition Information

Serving size: **90g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	56kcal	62kcal
<b>Protein</b>	0.3g	0.3g
<b>Total Fat</b>	0.0g	0.0g
Saturated Fat	0.0g	0.0g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	0.0mg	0.0mg
<b>Carbohydrate</b>	12.4g	13.7g
Total Sugar	8.8g	9.8g
Dietary Fibre	2.5g	2.8g
<b>Sodium</b>	2mg	2mg

# L4 Orange Chicken Bento

## Nutrition Information

Serving size: **330g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	465kcal	141kcal
<b>Protein</b>	21.4g	6.5g
<b>Total Fat</b>	27.1g	8.2g
Saturated Fat	5.0g	1.5g
Trans Fat	0.3g	0.1g
<b>Cholesterol</b>	50mg	15mg
<b>Carbohydrate</b>	32.2g	9.07
Total Sugar	8.1g	2.5g
Dietary Fibre	1.7g	0.5g
<b>Sodium</b>	544mg	165mg

# L5 Orange Chicken Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	307kcal	102kcal
<b>Protein</b>	23.1g	7.7g
<b>Total Fat</b>	10.1g	3.4g
Saturated Fat	4.0g	1.3g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	68mg	23mg
<b>Carbohydrate</b>	30.1g	10.0g
Total Sugar	9.0g	3.0g
Dietary Fibre	1.5g	0.5g
<b>Sodium</b>	494mg	165mg

# L6 Orange Chicken Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	315kcal	105kcal
<b>Protein</b>	26.4g	8.8g
<b>Total Fat</b>	6.4g	2.1g
Saturated Fat	3.0g	1.0g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	51mg	17mg
<b>Carbohydrate</b>	36.6g	12.2g
Total Sugar	9.1g	3.0g
Dietary Fibre	1.6g	0.5g
<b>Sodium</b>	511mg	170mg

# L4 Yuzu Fish Bento

## Nutrition Information

Serving size: **330g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	384kcal	116kcal
<b>Protein</b>	20.5g	6.2g
<b>Total Fat</b>	19.5g	5.9g
Saturated Fat	2.6g	0.8g
Trans Fat	0.3g	0.1g
<b>Cholesterol</b>	39mg	12mg
<b>Carbohydrate</b>	25.4g	7.7g
Total Sugar	7.9g	2.4g
Dietary Fibre	1.9g	0.6g
<b>Sodium</b>	488mg	148mg

# L5 Yuzu Fish Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	304kcal	101kcal
<b>Protein</b>	32.6g	10.9g
<b>Total Fat</b>	5.7g	1.9g
Saturated Fat	2.4g	0.8g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	78mg	26mg
<b>Carbohydrate</b>	30.4g	10.1g
Total Sugar	9.6g	3.2g
Dietary Fibre	1.6g	0.5g
<b>Sodium</b>	591mg	197mg

# L6 Yuzu Fish Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

**Per Serving**

**Per 100g**

<b>Energy</b>	338kcal	471kcal
<b>Protein</b>	33.3g	11.1g
<b>Total Fat</b>	5.8g	1.9g
Saturated Fat	2.25g	0.8g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	78mg	26mg
<b>Carbohydrate</b>	37.9g	12.6g
Total Sugar	9.7g	3.3g
Dietary Fibre	1.7g	0.6g
<b>Sodium</b>	617mg	206mg