

# L4 Puréed Chicken Rice

## Nutrition Information

Serving size: **330g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	434kcal	132kcal
<b>Protein</b>	21.3g	6.5g
<b>Total Fat</b>	26.0g	7.9g
Saturated Fat	4.9g	1.5g
Trans Fat	0.3g	0.1g
<b>Cholesterol</b>	50.1mg	15.2mg
<b>Carbohydrate</b>	27.3g	8.3g
Total Sugar	3.2g	1.0g
Dietary Fibre	1.4g	0.4g
<b>Sodium</b>	672mg	204mg

# L5 Chicken Rice

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	332kcal	110kcal
<b>Protein</b>	18.3g	6.0g
<b>Total Fat</b>	19.4g	6.4g
Saturated Fat	3.0g	1.0g
Trans Fat	0.3g	0.1g
<b>Cholesterol</b>	62mg	21mg
<b>Carbohydrate</b>	18.8g	6.2g
Total Sugar	4.5g	1.5g
Dietary Fibre	4.1g	1.3g
<b>Sodium</b>	707mg	233mg

# L6 Chicken Rice

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	493kcal	157kcal
<b>Protein</b>	19.8g	6.3g
<b>Total Fat</b>	37.4g	11.9g
Saturated Fat	5.4g	1.7g
Trans Fat	0.7g	0.2g
<b>Cholesterol</b>	71mg	23mg
<b>Carbohydrate</b>	18.4g	5.8g
Total Sugar	3.8g	1.2g
Dietary Fibre	2.8g	0.9g
<b>Sodium</b>	881mg	280mg