

L4 Chicken Rice

Nutrition Information

Serving size: **330g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	502kcal	152kcal
Protein	21.8g	6.6g
Total Fat	23.0g	7.0g
Saturated Fat	6.1g	1.9g
Trans Fat	0.3g	0.1g
Cholesterol	59.1mg	17.9mg
Carbohydrate	26.2g	8.3g
Total Sugar	5.1g	1.4g
Dietary Fibre	1.4g	0.4g
Sodium	594mg	180mg

L5 Chicken Rice

Nutrition Information

Serving size: **300g**

Serving per package: **1**

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