

L4 Jam Bread

Nutrition Information

Serving size: **150g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	318 kcal	212 kcal
Protein	4.0 g	2.7 g
Total Fat	16.5 g	11.0 g
Saturated Fat	8.7 g	5.8 g
Trans Fat	0.0 g	0.0 g
Cholesterol	12.6 mg	8.4 mg
Carbohydrate	26.4 g	17.6 g
Total Sugar	14.3 g	9.6 g
Dietary Fibre	0.2 g	0.1 g
Sodium	92 mg	62 mg
Potassium	146 mg	98 mg
Phosphorus	88.2 mg	58.8

L4 Chicken Sausage with Egg

Nutrition Information		
Serving size: 200g		
Serving per package: 1		
	Per Serving	Per 100g
Energy	440 kcal	220 kcal
Protein	21.3 g	10.6 g
Total Fat	31.1 g	15.6 g
Saturated Fat	6.5 g	3.2 g
Trans Fat	0.0 g	0.0 g
Cholesterol	432 mg	216 mg
Carbohydrate	11.1 g	5.5 g
Total Sugar	0.8 g	0.4 g
Dietary Fibre	0.0 g	0.0 g
Sodium	357 mg	178 mg