

L4 Cranberry Beef with Mashed Potato and Creamy Broccoli Bento

Nutrition Information

Serving size: **340g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	385 kcal	113 kcal
Protein	23.4 g	6.9 g
Total Fat	12.6 g	3.7 g
Saturated Fat	4.9 g	1.4 g
Trans Fat	0.2 g	0.0 g
Cholesterol	57 mg	16.8 mg
Carbohydrate	23.7 g	7.0 g
Total Sugar	7.3 g	2.1 g
Dietary Fibre	3.7 g	1.1 g
Sodium	612 mg	180 mg

L5 Cranberry Beef with Mashed Potato and Creamy Broccoli Bento

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	301 kcal	100 kcal
Protein	22.1 g	7.4 g
Total Fat	15.4 g	5.1 g
Saturated Fat	6.1 g	2.0 g
Trans Fat	0.2 g	0.1 g
Cholesterol	64 mg	21 mg
Carbohydrate	18.9 g	6.3 g
Total Sugar	12.7 g	4.2 g
Dietary Fibre	4.2 g	1.4 g
Sodium	419 mg	140 mg