

L4 Seafood Laksa

Nutrition Information

Serving size: **330g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	695 kcal	211 kcal
Protein	21.2 g	6.4g
Total Fat	49.4 g	15.0 g
Saturated Fat	19.2 g	5.8 g
Trans Fat	0.0 g	0.0 g
Cholesterol	257 mg	86 mg
Carbohydrate	23.0 g	7.0 g
Total Sugar	4.1 g	1.2 g
Dietary Fibre	1.1 g	0.3 g
Sodium	688 mg	208 mg

L5 Seafood Laksa

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	568 kcal	189 kcal
Protein	30.2 g	10.1 g
Total Fat	24.6 g	8.2 g
Saturated Fat	10.4 g	3.5 g
Trans Fat	0.0 g	0.0 g
Cholesterol	257 mg	86 mg
Carbohydrate	53.9 g	18.0 g
Total Sugar	4.1 g	1.4 g
Dietary Fibre	0.9 g	0.3 g
Sodium	492 mg	164 mg