

Chicken with Teriyaki

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	96kcal	128kcal
Protein	9.8g	13.0g
Total Fat	3.8g	5.0g
Saturated Fat	1.1g	1.4g
Trans Fat	0.0g	0.0g
Cholesterol	40mg	53mg
Carbohydrate	4.8g	6.4g
Total Sugar	4.0g	5.3g
Dietary Fibre	0.1g	0.1g
Sodium	66mg	88mg

Chicken with Lemak

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	111kcal	148kcal
Protein	12.3g	16.4g
Total Fat	5.9g	7.9g
Saturated Fat	2.9g	3.9g
Trans Fat	0.0g	0.0g
Cholesterol	50mg	66mg
Carbohydrate	2.0g	2.6g
Total Sugar	0.5g	0.7g
Dietary Fibre	0.2g	0.2g
Sodium	64mg	85mg

Chicken with Indo BBQ

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	128kcal	171kcal
Protein	10.4g	13.8g
Total Fat	4.7g	6.3g
Saturated Fat	1.1g	1.5g
Trans Fat	0.0g	0.0g
Cholesterol	40mg	53mg
Carbohydrate	11g	15g
Total Sugar	9.3g	12.4g
Dietary Fibre	0.3g	0.4g
Sodium	578mg	770mg

Chicken & Sesame Soy

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	137kcal	182kcal
Protein	10.1g	13.5g
Total Fat	9.2g	12.3g
Saturated Fat	1.9g	2.5g
Trans Fat	0.2g	0.2g
Cholesterol	40mg	53mg
Carbohydrate	3.2g	4.2g
Total Sugar	0.2g	0.2g
Dietary Fibre	0.5g	0.6g
Sodium	513mg	684mg

Chicken & Mushroom

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	80kcal	106kcal
Protein	10.0g	13.0g
Total Fat	3.5g	4.6g
Saturated Fat	1.2g	1.6g
Trans Fat	0.0g	0.0g
Cholesterol	41mg	54mg
Carbohydrate	2.1g	2.8g
Total Sugar	0.5g	0.6g
Dietary Fibre	0.2g	0.3g
Sodium	86mg	114mg