

# L4 Orange Chicken Bento

## Nutrition Information

Serving size: **330g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	465kcal	141kcal
<b>Protein</b>	21.4g	6.5g
<b>Total Fat</b>	27.1g	8.2g
Saturated Fat	5.0g	1.5g
Trans Fat	0.3g	0.1g
<b>Cholesterol</b>	50mg	15mg
<b>Carbohydrate</b>	32.2g	9.07
Total Sugar	8.1g	2.5g
Dietary Fibre	1.7g	0.5g
<b>Sodium</b>	544mg	165mg

# L5 Orange Chicken Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	307kcal	102kcal
<b>Protein</b>	23.1g	7.7g
<b>Total Fat</b>	10.1g	3.4g
Saturated Fat	4.0g	1.3g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	68mg	23mg
<b>Carbohydrate</b>	30.1g	10.0g
Total Sugar	9.0g	3.0g
Dietary Fibre	1.5g	0.5g
<b>Sodium</b>	494mg	165mg

# L6 Orange Chicken Bento

## Nutrition Information

Serving size: **300g**

Serving per package: **1**

	<b>Per Serving</b>	<b>Per 100g</b>
<b>Energy</b>	315kcal	105kcal
<b>Protein</b>	26.4g	8.8g
<b>Total Fat</b>	6.4g	2.1g
Saturated Fat	3.0g	1.0g
Trans Fat	0.0g	0.0g
<b>Cholesterol</b>	51mg	17mg
<b>Carbohydrate</b>	36.6g	12.2g
Total Sugar	9.1g	3.0g
Dietary Fibre	1.6g	0.5g
<b>Sodium</b>	511mg	170mg