

Bandung Longan Purée

Nutrition Information

Serving size: **90g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	70kcal	78kcal
Protein	1.7g	1.9g
Total Fat	1.1g	1.3g
Saturated Fat	0.8g	0.9g
Trans Fat	0.0g	0.0g
Cholesterol	4.4mg	4.9mg
Carbohydrate	13.2g	14.7g
Total Sugar	12.4g	13.8g
Dietary Fibre	1.2g	1.3g
Sodium	62mg	68mg

L4 Nasi Lemak

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	540kcal	180kcal
Protein	20.6g	6.9g
Total Fat	35.3g	11.8g
Saturated Fat	13.6g	4.5g
Trans Fat	0.0g	0.0g
Cholesterol	231mg	77mg
Carbohydrate	29.4g	9.8g
Total Sugar	3.1g	1.1g
Dietary Fibre	0.3g	0.1g
Sodium	467mg	156mg

L5 Nasi Lemak

Nutrition Information

Serving size: **310g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	564kcal	182kcal
Protein	31.6g	10.2g
Total Fat	40.2g	13.0g
Saturated Fat	11.9g	3.8g
Trans Fat	0.1g	0.0g
Cholesterol	563mg	182mg
Carbohydrate	20.5g	6.6g
Total Sugar	4.0g	1.3g
Dietary Fibre	0.6g	0.2g
Sodium	671mg	216mg

L6 Nasi Lemak

Nutrition Information

Serving size: **310g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	564kcal	182kcal
Protein	31.6g	10.2g
Total Fat	40.2g	13.0g
Saturated Fat	11.9g	3.8g
Trans Fat	0.1g	0.0g
Cholesterol	563mg	182mg
Carbohydrate	20.5g	6.6g
Total Sugar	4.0g	1.3g
Dietary Fibre	0.6g	0.2g
Sodium	671mg	216mg

Kueh Jongkong

Nutrition Information

Serving size: **100g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	175kcal	175kcal
Protein	1.8g	1.8g
Total Fat	13.8g	13.8g
Saturated Fat	13.0g	13.0g
Trans Fat	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Carbohydrate	16.6g	16.6g
Total Sugar	7.9g	7.9g
Dietary Fibre	0.1g	0.1g
Sodium	159mg	159mg