

L4 Scrambled Egg

Nutrition Information

Serving size: **100g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	366 kcal	366 kcal
Protein	13.9 g	13.9 g
Total Fat	29.6 g	29.6 g
Saturated Fat	5.2 g	5.2 g
Trans Fat	0.0 g	0.0 g
Cholesterol	538.3 mg	538.3 mg
Carbohydrate	3.5 g	3.5 g
Total Sugar	1.0 g	1.0 g
Dietary Fibre	0.0 g	0.0 g
Sodium	288 mg	288 mg
Potassium	156 mg	156 mg
Phosphorus	201.5 mg	201.5 mg

L4 Kaya Bread

Nutrition Information

Serving size: **150g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	278 kcal	185 kcal
Protein	4.8 g	3.2 g
Total Fat	17.7 g	11.8 g
Saturated Fat	9.7 g	6.5 g
Trans Fat	0.0 g	0.0 g
Cholesterol	32.8 mg	21.9 mg
Carbohydrate	22.4 g	14.9 g
Total Sugar	11.3 g	7.5 g
Dietary Fibre	0.2 g	0.1 g
Sodium	110 mg	73 mg
Potassium	146 mg	98 mg
Phosphorus	88.2 mg	58.8 mg