

FRIED RICE TRADITIONAL 200GM

Allied Chefs Product Code: SSFR

NUTRITIONAL INFORMATION		
Servings per package: 1		
Serving size: 200g		
	Average Quantity Per 200g Serve	Average Quantity Per 100g Serve
Energy	1290kj	646kj
Protein	6.6g	3.3g
Fat, total	6.3g	3.1g
- Saturated	2.9g	1.4g
Carbohydrate, total	55.0g	27.5g
- Sugar	3.0g	1.5g
Sodium	796mg	398mg

Ingredient Declaration

Cooked Rice (83%), Peas, Carrot, Ham (4.9%), Onion, Margarine, Chicken Booster, Salt, Colour (Caramel)