

NUTRITIONAL INFORMATION - SATAY BEEF W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	394 cal	536 cal	719 cal
Protein	36.3g	47.3g	65.2g
Fat, total	10.3g	13.3g	18.6g
saturated	2.93g	3.6g	5.3g
Carbohydrate, total	39.2g	57.1g	72.9g
sugars	5.2g	6.7g	9.4g
Sodium	409mg	526mg	734mg

NUTRITIONAL INFORMATION - SATAY BEEF W/BROWN RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	435 cal	525 cal	802 cal
Protein	38.1g	40.7g	68.7g
Fat, total	12.8g	13.2g	23.6g
saturated	>0.1g	4g	5.1g
Carbohydrate, total	41.9g	61.2g	78.9g
sugars	3.4g	6.7g	9.4g
Sodium	297mg	526mg	734mg

NUTRITIONAL INFORMATION - SATAY BEEF W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	348 cal	470 cal	650 cal
Protein	35.5g	46.1g	64.4g
Fat, total	10.1g	13.3g	18.6g
saturated	2.8g	3.6g	5.1g
Carbohydrate, total	29g	41.8g	56.5g
sugars	5.2g	6.7g	9.4g
Sodium	409mg	526mg	734mg

NUTRITIONAL INFORMATION - SATAY BEEF W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	427 cal	584 cal	789 cal
Protein	41.4g	54.5g	72.6g
Fat, total	11.7g	15.4g	21.4g

saturated	2.8g	3.6g	5.1g
Carbohydrate, total	39.2g	57.1g	76.9g
sugars	5.2g	6.7g	9.4g
Sodium	409mg	526mg	734mg

NUTRITIONAL INFORMATION - SATAY BEEF W/VEGETABLES			
Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	283 cal	358 cal	
Protein	35.9g	45.5g	62.8g
Fat, total	10.1g	13g	18.2g
saturated	2.8g	3.6g	5.1g
Carbohydrate, total	12.5g	14.8g	19g
sugars	5.2g	5.2g	9.4g
Sodium	441mg	558mg	766mg