

HELL SALADS NUTRITIONAL INFORMATION



AVERAGE NUTRITION INFORMATION PER 100G AND PER SERVING.

FOODS		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)	POTASSIUM (MG)	NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
FRESH GREEN SALAD, NO DRESSING	100g	61	15	0.9	0.2	0.0	1.7	1.7	1.2	15	202	-9	Yes	None	No
	115g serving	70	17	1.1	0.2	0.0	1.9	1.9	1.4	18	232				
CHICKEN SALAD, NO DRESSING	100g	370	88	5.1	6.6	1.4	1.5	1.3	1.6	218	269	-2	Yes	None	No
	186g serving	688	164	9.6	12.3	2.6	2.8	2.4	3.0	406	500				
GREEK SALAD, NO DRESSING	per 100g	349	83	3.0	7.4	2.7	2.1	1.3	1.4	412	172	3	Yes	M	No
	155g serving	540	129	4.6	11.4	4.2	3.3	2.0	2.1	639	266				
TUNA SALAD, NO DRESSING	per 100g	305	73	6.4	3.5	0.4	3.2	2.9	1.7	118	361	-5	Yes	F, S, Su	No
	158g serving	480	115	10.0	5.5	0.7	5.1	4.6	2.7	186	569				
CAMEMBERT SALAD, NO DRESSING	per 100g	439	105	3.0	8.6	2.2	3.0	2.9	2.6	62	402	-5	Yes	M, Su	No
	168g serving	739	176	5.1	14.4	3.7	5.0	4.8	4.3	105	677				

HELL SIDES NUTRITIONAL INFORMATION

AVERAGE NUTRITION INFORMATION PER 100G AND PER SERVING AS MOST SERVES NOT CLOSE TO 100G.

FOODS (FRIED VARIANTS)		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)	NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
WEDGES	per 100g	834	199	3.8	8.6	0.7	25.6	0.4	2.0	250	-5	Yes	W	Yes
	385g serving	3210	767	14.7	33.1	2.5	98.6	1.4	7.7	962				
KUMERA CHIPS	per 100g	1090	260	2.8	8.7	0.7	40.2	18.9*	4.8	59	-4	Yes	None	Low
	280g serving	3050	729	8.0	24.2	2.0	112.0	53.0	13.6	165				
CHICKEN TENDERS	per 100g	887	212	19.7	9.2	1.1	12.5	0.5	0.0	380	2	Yes	W, E	Yes
	200g serving	1770	424	39.4	18.4	2.2	24.9	1.1	0.0	760				
SQUID RINGS	per 100g	1050	250	11.9	12.1	1.1	23.2	1.5	0.0	420	3	Yes	W, E, F, S	Yes
	195g serving	2040	487	23.2	23.6	2.1	45.2	2.9	0.0	819				
CORN NUGGETS	per 100g	1080	257	5.0	11.9	1.5	31.2	6.7	2.4	460	5	No	W, M, S, Su	Yes
	150g serving	1610	385	7.5	17.8	2.2	46.8	10.0	3.6	690				(Beef fat)
CRUMBED CAMEMBERT	per 100g	1610	385	15.9	29.5	15.8	14.3	2.1	1.0	480	18	No	W, M, Su	Yes
	170g serving	2740	655	27.0	50.2	26.9	24.3	3.6	1.7	816				
PRAWN HORNS	per 100g	966	231	11.1	9.5	1.1	24.9	0.8	0.0	430	2	Yes	W, C	Yes
	120g serving	1160	134	13.4	11.4	1.3	29.9	0.9	0.0	516				
CHURROS (AS IS)	per 100g	1840	439	3.4	24.1	3.0	51.2	15.4	2.0	280	11	No	W, B, E, M, S	Yes
	185g serving	3400	811	6.4	44.6	5.6	94.7	28.5	3.6	518				
CHURROS (+ CHOC FUDGE DIP)	per 100g	1750	418	3.4	20.8	3.5	53.4	24.7	1.5	252	15	No	W, B, E, M, S	Yes
	235g serving	4110	982	8	49	8.1	126	58.1	3.6	593				

FOODS (SERVED AS VARIANTS)		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)	NPSC SCORE	NPSC SCORING HEALTHY	ALLERGENS IN BASE PRODUCT	INGREDIENTS CONTAIN GLUTEN
GARLIC BREAD	per 100g	1430	343	7.7	14.5	8.5	43.8	0.4	2.8	502	15	No	W, M, P, T	Yes
	220g serving	3160	754	16.9	31.9	18.6	96.4	1.0	6.2	1100				
SPIRIT PASTA	per 100g	732	175	6.2	10.3	5.4	13.9	1.8	1.2	273	6	No	W, E, M	Yes
	465g serving	3400	813	28.6	48.0	24.9	64.6	8.4	5.5	1270				
KALI PASTA	per 100g	608	145	6.8	5.6	3.0	15.9	4.7	2.0	394	1	Yes	W, E, M	Yes
	465g serving	2830	676	31.6	25.9	13.9	74.0	21.9	9.5	1830				
GREEN DEMON PASTA	per 100g	634	151	5.4	7.0	1.6	15.7	1.4	1.8	191	0	Yes	W, E, M	Yes
	(No optional) 390g serving	2470	591	21.0	27.4	6.3	61.4	5.3	7.1	745				
GREEN DEMON PASTA	per 100g	763	182	6.5	10.8	4.6	14.1	1.2	1.6	289	4	No	W, E, M	Yes
	(With blue cheese) 435g serving	3320	793	28.3	47.0	20.0	61.4	5.4	7.1	1260				
GREEN DEMON PASTA	per 100g	793	189	6.8	10.8	4.4	15.4	3.1	2.3	278	3	Yes	W, E, M, Su	Yes
	(Blue cheese and SD toms) 460g serving	3650	872	31.2	49.5	20.2	70.7	14.3	10.6	1280				
CHICKEN DEMON PASTA	per 100g	649	155	6.9	7.3	1.8	14.0	1.2	1.6	203	-1	Yes	W, E, M, S	Yes
	440g serving	2860	683	30.3	32.0	7.9	61.7	5.5	7.1	895				
PORK SPARE RIBS	per 100g	1060	253	17.0	15.3	6.3	11.7	11.0	0.0	596	17	No	Su	No
	(With BBQ sauce, 540g) 374g** serving	3950	944	63.6	57.3	23.4	43.6	40.9	0.0	2230				
LAMB SHANKS	per 100g	478	114	11.8	4.0	1.6	7.0	2.6	1.1	202	-2	Yes	M, Su	No
	(With creamy mash and peas, 650g) 510g** serving	2440	583	60.3	20.6	8.0	35.8	13.1	5.4	1030			(Iron: 101% RDI/serving)	
CHEESECAKE	per 100g	1520	364	5.2	24.6	15.6	30.5	21.5	0.5	241	20	No	W, B, E, M, S	Yes (Gelatine)
	140g serving	2130	509	7.2	34.5	21.9	42.6	30.1	0.7	337				May contain traces of all other allergens.

ALLERGEN CODES:

CONTAINS W=WHEAT, B=BARLEY, O=OATS, M=MILK, S=SOY, SU=SULPHITES>10PPM, SE=SESAME SEEDS, P=PEANUTS, T=TREENUTS, F=FISH, C=CRUSTACEA, E=EGG. ALL MAY CONTAIN TRACES OF NUTS & SOY.

Gluten free deep fried products fried in same fat as gluten containing products, so could only indicate Low Gluten (max 200ppm) at best.

All products are MSG free. All products handled in an environment that also handles wheat, oats, milk, soy, fish, seafood/crustacean, sesame seeds, tree nuts & peanuts.

Adequate Intake for Potassium is 3800mg/day for Adult Males and 2800mg/day for Adult Females (NHMRC, Nutrient Reference Values 2006).

NPSC Nutrient Profile Score rates products on healthiness on balance of energy, sat fat, sugar & salt and gives bonus points for fruits & veges, protein and fibre. (Australia New Zealand Food Standard Code 1.2.7.)

General solid food products scoring below 4 can make health claims about those nutrients that are present at high enough levels (see Nutrient Claims below).

* Sugars in kumara are natural sugars (primarily maltose) from the red kumara. ** Lamb & pork ribs nutrition and weight is without the bones

COLOUR CODING

	LOW	MEDIUM	HIGH
Total Fat (g/100g)	≤3	3.1 - 19.9	≤20
Saturated Fat (g/100g)	≤1.5	1.6 - 4.9	≤5
Sugars (g/100g)	≤5	5.1 - 14.9	≤15
Sodium (mg/100g)	≤120	121 - 599	≤600

NUTRIENT CLAIMS AS PART OF A HEALTHY VARIED DIET:

Low in saturated fat: ≤1.5g / 100g solid food. Dietary fibre: ≥2g = source, ≥4g = high, ≥7g = very high in fibre; per serving.
 Low in sugar: ≥5g / 100g food. Potassium: no less than 200mg / serving and pass NPSC scoring.
 Low in salt / sodium: ≤120mg / 100g food. Protein: ≥5g = source of protein, ≥10g = high in protein; per serving.